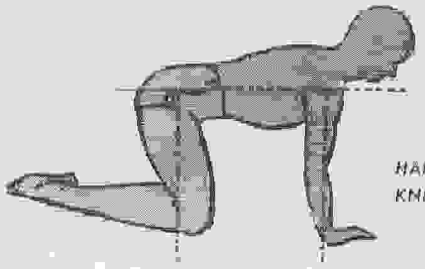
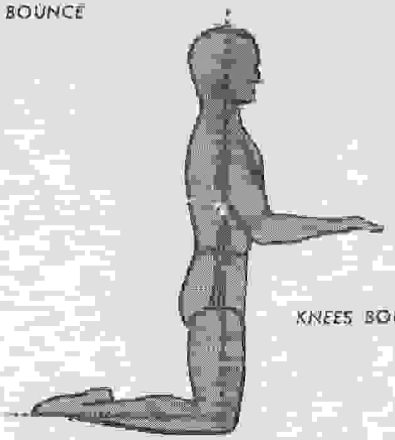
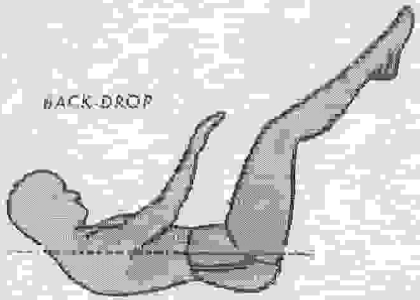






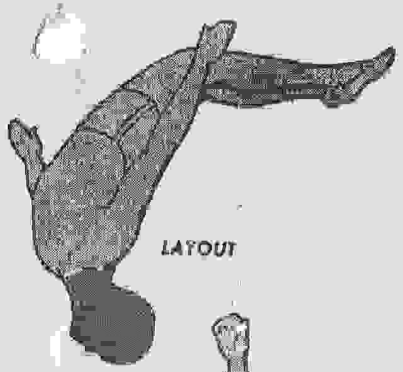
inates cast on take-off. Alignment may be altered to initiate rotation.

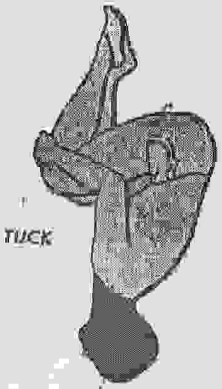
In those positions where the major portion of the body lies in a horizontal position and contact is made over relatively large surfaces, alignment is maintained parallel to the surface of the bed. This allows the forces of impact and recoil to be exerted and absorbed evenly over the area of contact, again preventing snap and cast.

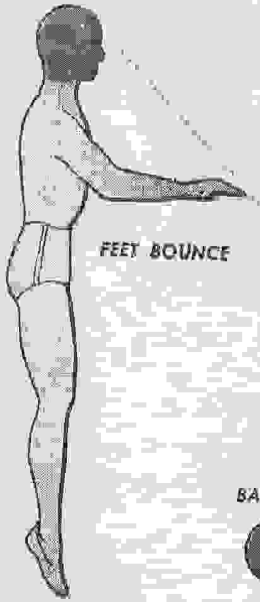
HEAD AND EYE ACTIONS

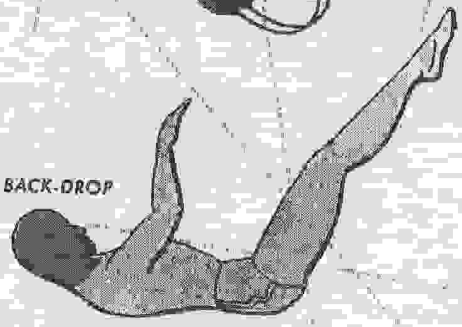
NO. 2

(Body Mechanics)









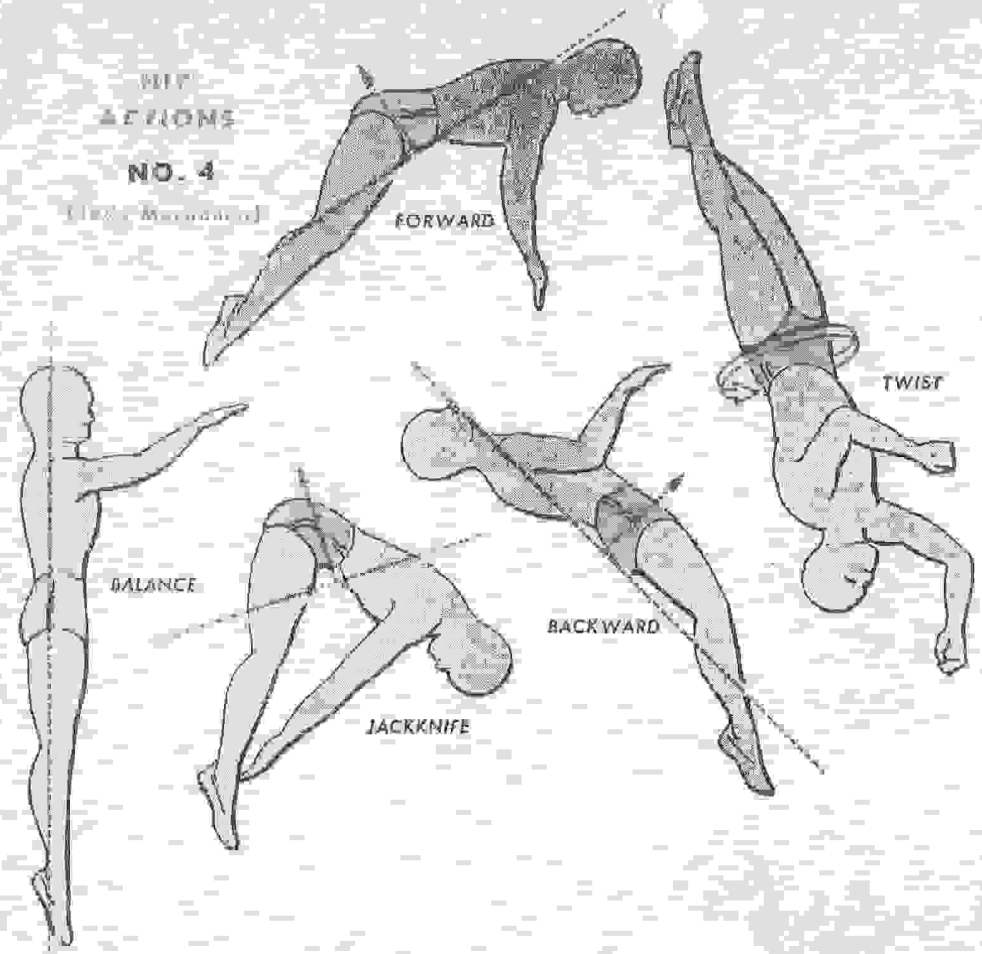
The hands and knees position involves a combination of both vertical and horizontal alignment. That portion of the body between the shoulders and the hips lies horizontally, and alignment is parallel to the bed. The arms and thighs, however, act as supporting pillars between this portion of the body and the points of contact, and alignment here is vertical.

The hands-bounce position is the single exception to

HIP ACTIONS

NO. 4

(Body Mechanics)



ders depends upon their proper coordination with the actions of other parts of the body.

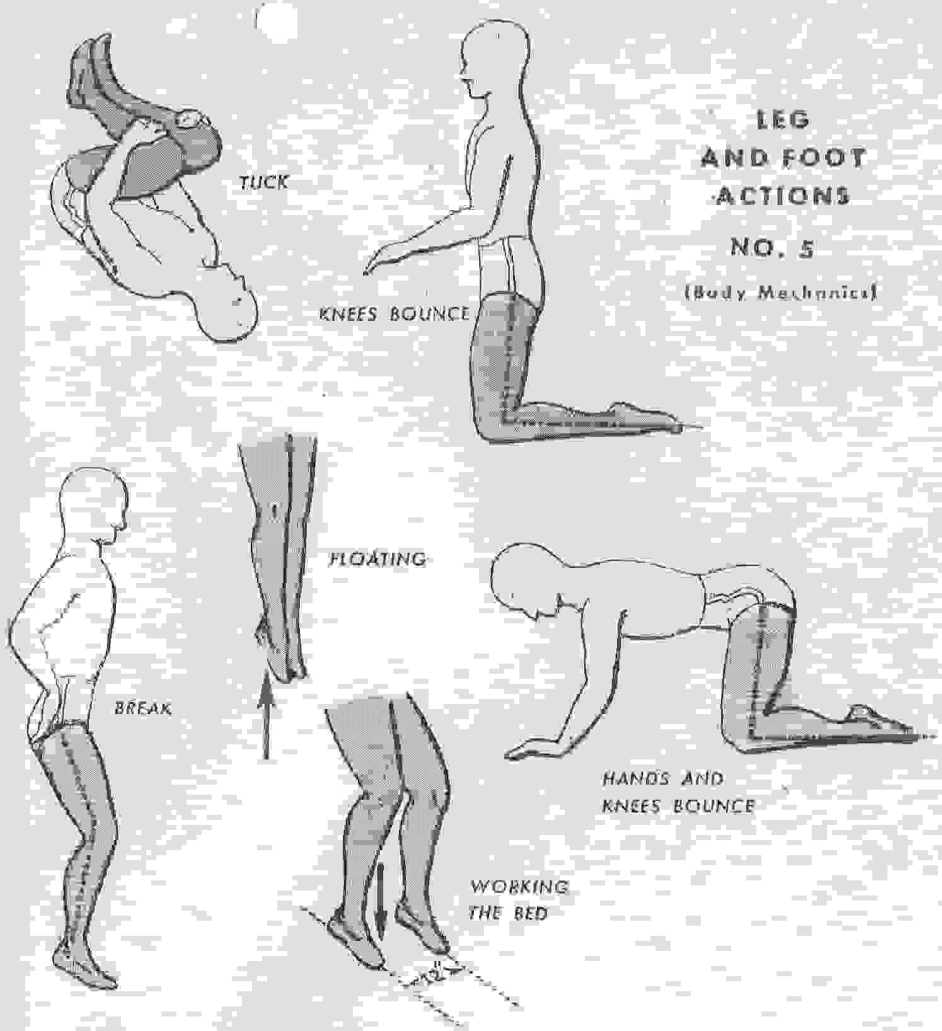
The hips provide a point of flexion close to the body's center of gravity, and are employed in trampoline tumbling to achieve balance and to direct motion.

In straight up-and-down bouncing, the hips are used to keep the center of gravity on a line perpendicular to the bed, thus insuring that the main forces of landing or recoil are exerted along that line.

LEG AND FOOT ACTIONS

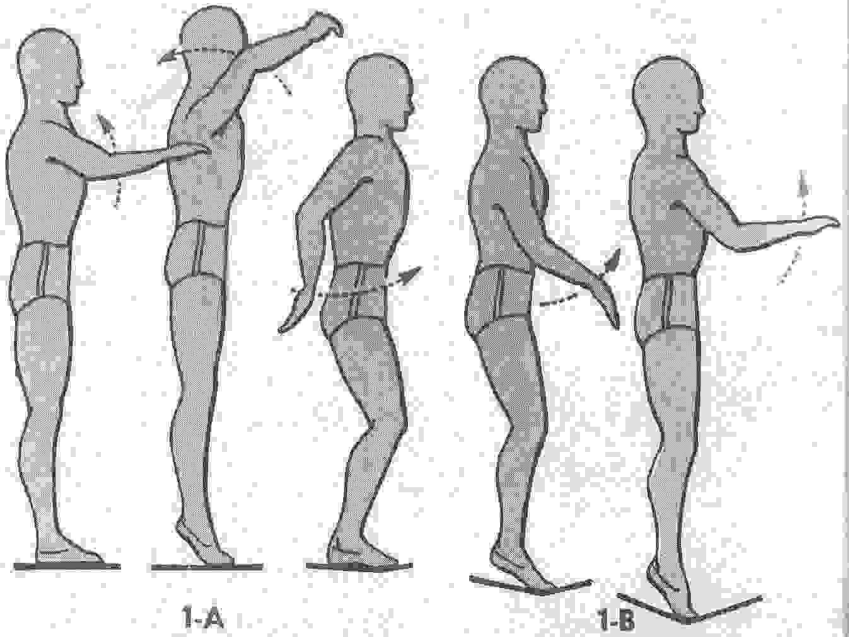
NO. 5

(Body Mechanics)



When movements involving forward turnovers or somersaults are executed, the hips are thrust back of this perpendicular line, displacing the center of gravity, and inducing forward rotation as the force of recoil is exerted upon the body. Hips are thrust forward of this line in executing backovers and backward somersaults, inducing backward rotation.

FEET
BOUNCE
(Straight Bounce)
NO. 1
(Fundamental Bounce)



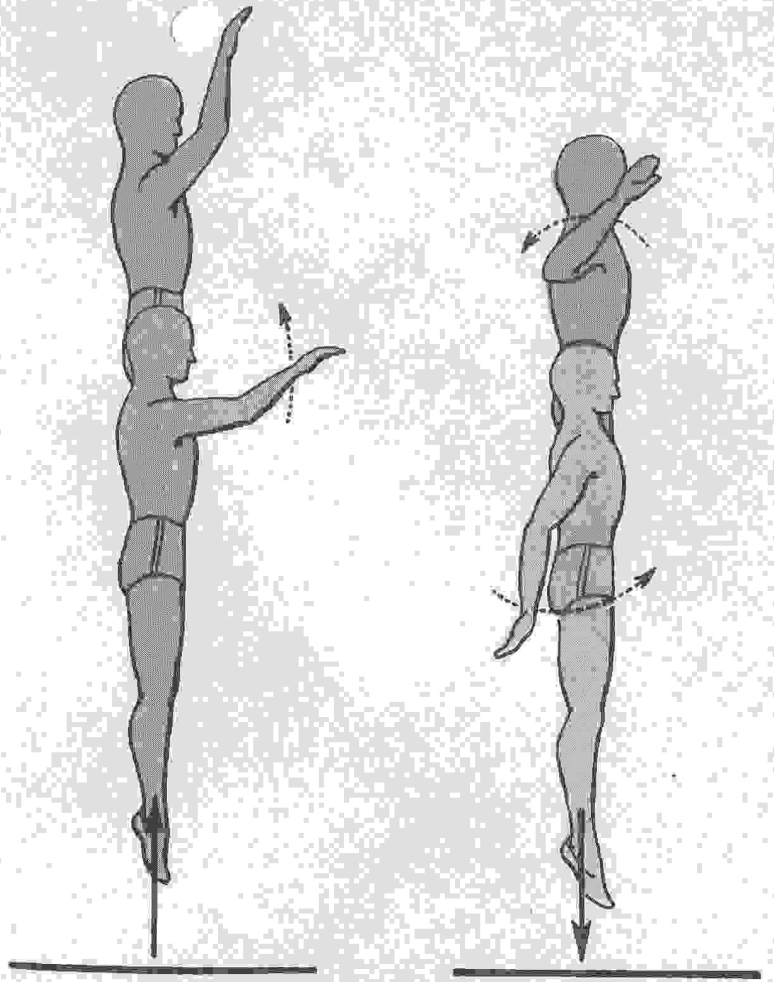
1-A

Head erect, weight on balls of feet. Look forward and *downward* at the bed. Rise on toes as arms are raised; swing arms down sharply, and flex hips and knees.

1-B

Extend hips and knees as arms swing up, extend ankles and feet to drive the bed down as far as possible. Recoil of bed launches body into air.

and the recoil of the bed thrusts the body into the air. The arms continue to swing upward, slowing in a "floating" movement as the body reaches the peak of the bounce.



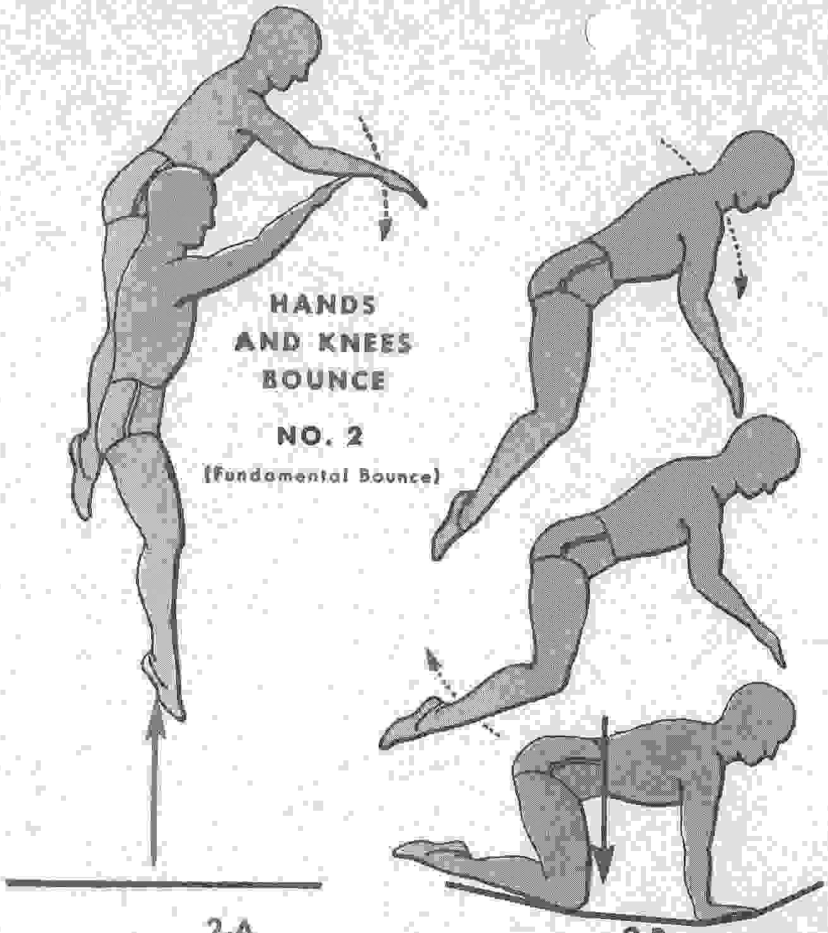
1-C

Bring feet together during ascent; keep toes pointed down. "Float" arms at top of swing; keep eyes on bed. Bring arms into position for downward swing.

1-D

Keep vision fixed on bed. As landing is made, swing arms down and through; flex, then extend, hips and knees, and swing arms up for new take-off. *Spot it!*

As the body descends, the arms are brought into position to repeat the strong downward beat on landing.



2-A

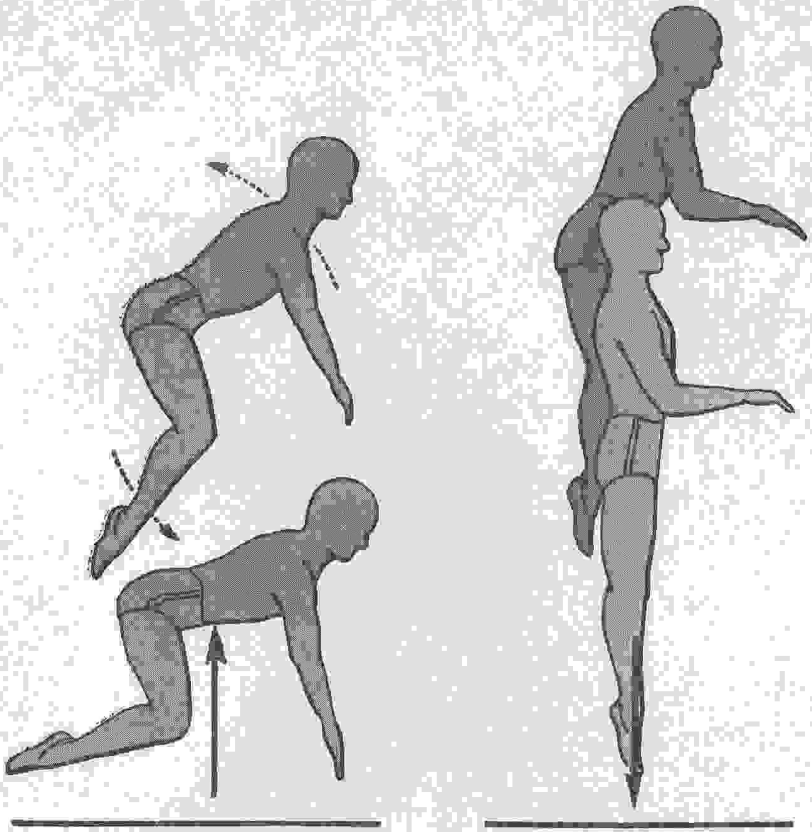
Head erect, hips back—eyes directed downward. As top of bounce is neared, bring arms forward and down, pulling head and shoulders in same direction.

2-B

Flex hips and knees, bring arms, head, and shoulders forward and down. Glance at landing spot. Land on four points—keep head up, no weight on insteps. *Spot it!*

HANDS AND KNEES BOUNCE

Hips are thrown back slightly at take-off. During the ascent the hips are allowed to rise, and the arms are brought forward and downward, carrying the head and



2-C

At take-off, bring arms up, throw head and shoulders back. Begin to extend hips and knees when body has cleared the bed. Keep vision fixed on bed.

2-D

As body descends, complete the extension of hips and knees, and bring body into erect position for landing on feet. Illustration shows landing preparatory to executing break.

shoulders in the same direction. As the body descends, the head and shoulders continue forward and downward, and the hips and knees are flexed and raised. As contact is made, the back is horizontal, the arms are down, and the knees are well bent and drawn slightly forward under

the hips. As bed is depressed, the arms are flexed and extended, driving the bed down still further. At the same time, the legs beat down, then up, in a rapid movement. As the body leaves the bed, the head and shoulders are brought up, and the hips and knees begin to unbend. During the descent, the body is brought to a fully extended, erect position for a landing on the feet.

KNEES BOUNCE

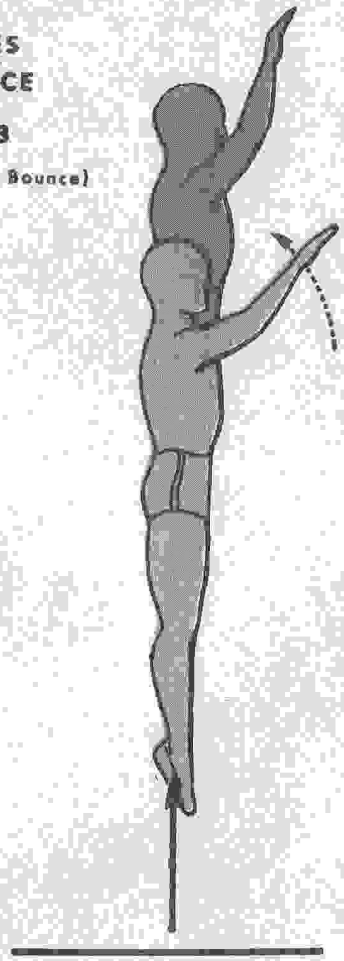
Take-off is similar to feet bounce, but hips are slightly flexed. As the body descends toward the bed, the knees are bent, and the feet—toes extended—are swung up until the legs are at right angles to the thighs. The arms are rotated and swung back and down as in the feet bounce, but the elbows are bent at a sharper angle to decrease the radius of the swing. The landing is made on the knees and the lower legs, with the knees taking the weight of the body. The hips must be held slightly flexed and firmly tensed. After contact is made, the hips are fully extended, driving the bed down as far as possible. The arms swing up during the take-off, and the legs are extended as the body rises. The body then assumes an erect position as the tumbler prepares to land on his feet.

SEAT-DROP

During the take-off, the head and shoulders are pulled slightly back. Arm action is identical to that described for the feet bounce. As the body begins to descend, the hips are flexed and the legs raised, and the head and shoulders move forward, reacting to the movement of the legs. The arms are brought directly down, hands behind the hips, with palms down and fingers forward. Landing is made on the hands, buttocks, and legs, with the upper part of the body erect, weight centered over the hips. There is no arm swing, and the legs are held tense, their weight helping to depress the bed. The arms are thrown high as

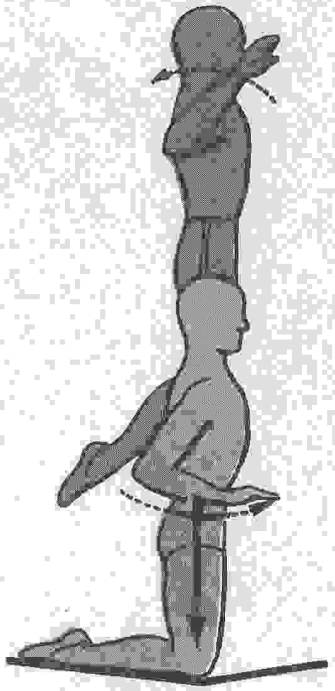
KNEES BOUNCE NO. 3

(Fundamental Bounce)



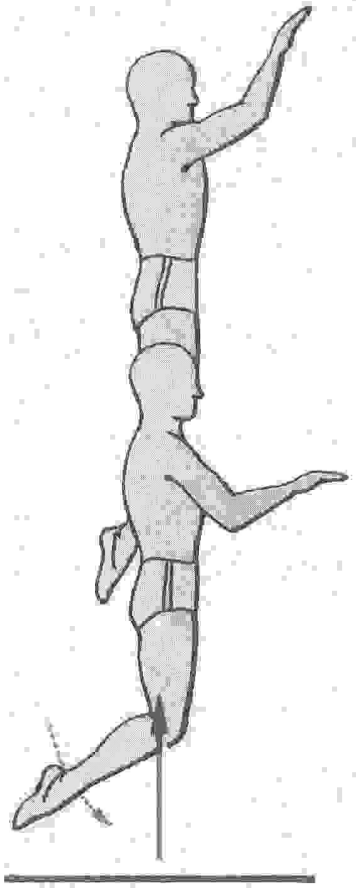
3-A

Use a low bounce for take-off. Flex hips slightly. Keep head erect, eyes forward and downward. Do not bend knees while body is rising from the bed.



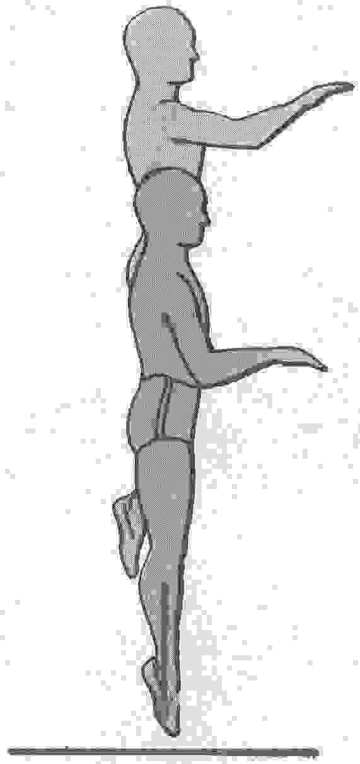
3-B

As body drops, bend knees and swing feet up. Use arm action employed in feet bounce, bending elbows sharply for short, fast swing. Extend hips after contact is made.



3-C

Swing arms up for lift and balance on take-off. As knees leave the bed, keep head up, and begin to unbend knees and bring feet down.

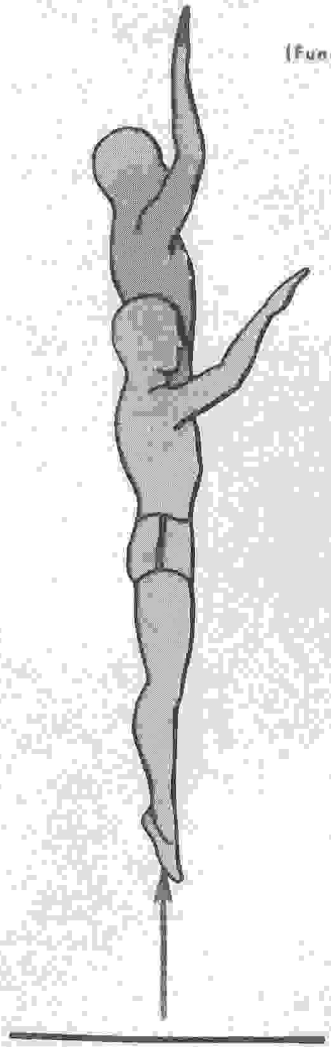


3-D

During descent, bring arms down to maintain balance and extend body into fully erect position for landing on the feet. *Spot it!*

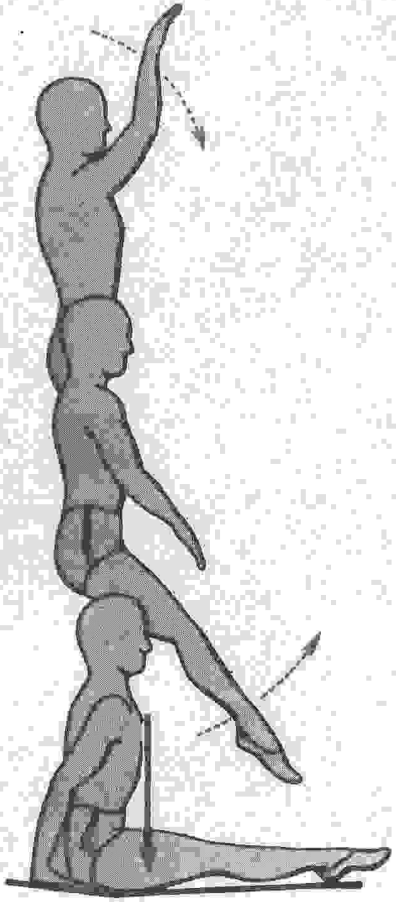
NO. 4

(Fundamental Bounce)



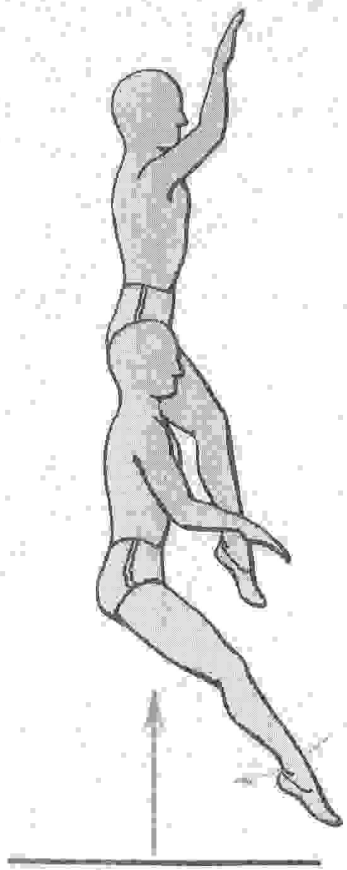
4-A

Use the same arm action on take-off as employed in the feet bounce. During the ascent, the head and shoulders are thrown back slightly, tilting body back slightly.



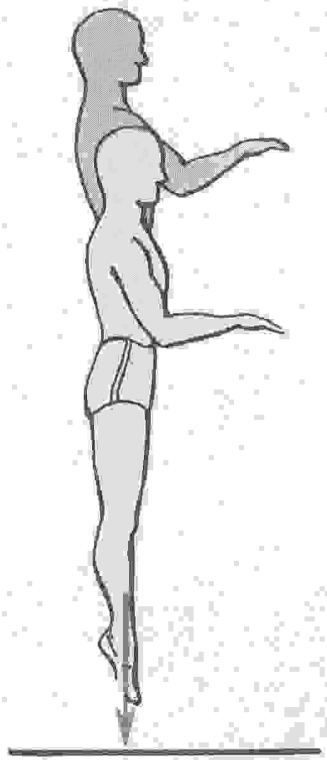
4-B

Flex hips and swing legs up. Bring arms forward and down; hands behind hips, palms down, fingers forward. Land on hands, buttocks, and hips. *Spot it!*



4-C

Push off with hands. Swing arms high, extend hips, and drop legs. Do not drop legs too soon—feet must not strike bed. Keep eyes forward and downward.



4-D

As the body drops for landing on feet, hold head erect, keep eyes on bed, and lower arms, as illustrated above, to maintain proper balance during drop.

the body rebounds from the bed. As the body ascends, the hips are extended, the legs are lowered, and the drop prior to landing is made in erect position. Landing is made on the feet.

FRONT-DROP

Hips are slightly flexed and thrust back on take-off. As the top of the bounce is neared, the arms are brought forward and downward, leading the head and shoulders. As the body starts to descend, the hips and knees are flexed, and the arms continue to pull the head and shoulders down. During the drop, the body is extended, and the legs are raised. The arms—elbows sharply bent—are raised until the elbows are almost level with the shoulders. Landing is made on eight points of contact—hands, forearms, chest, abdomen, and thighs. Keep body rigid for landing. After contact is made, the hips are slightly flexed, and the arms and thighs thrust the bed down. The hands push against the bed during the take-off, and the legs are swung down, bringing the body into position for a landing on the feet.

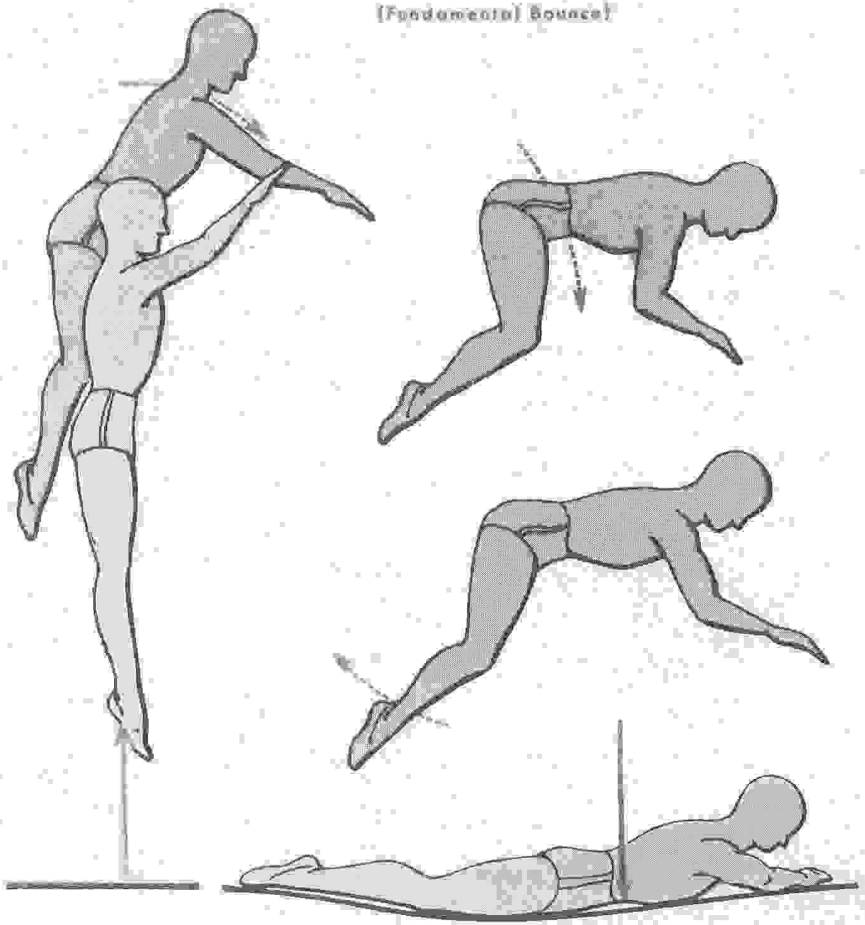
BACK-DROP

The arms are swung up and the hips thrust forward on take-off, causing backward rotation. The head is held well forward, chin on chest, and the eyes are focused on the end of the frame. During the descent, the hips and knees are flexed, and the knees are drawn up as the body rotates backward. The landing is made with the back parallel to the bed, body rigid. As the bed is being depressed, the arms and legs execute a quick, short extension, tending to further depress the bed. As the body rebounds, the knees are straightened, the hips are thrust up and forward, and the head and shoulders are raised. At the top of the bounce, the body is arched. The head and shoulders are pulled erect, and the legs are brought down and under the center of weight as the body is extended prior to landing.

FRONT-DROP

NO. 5

(Fundamental Bounce)

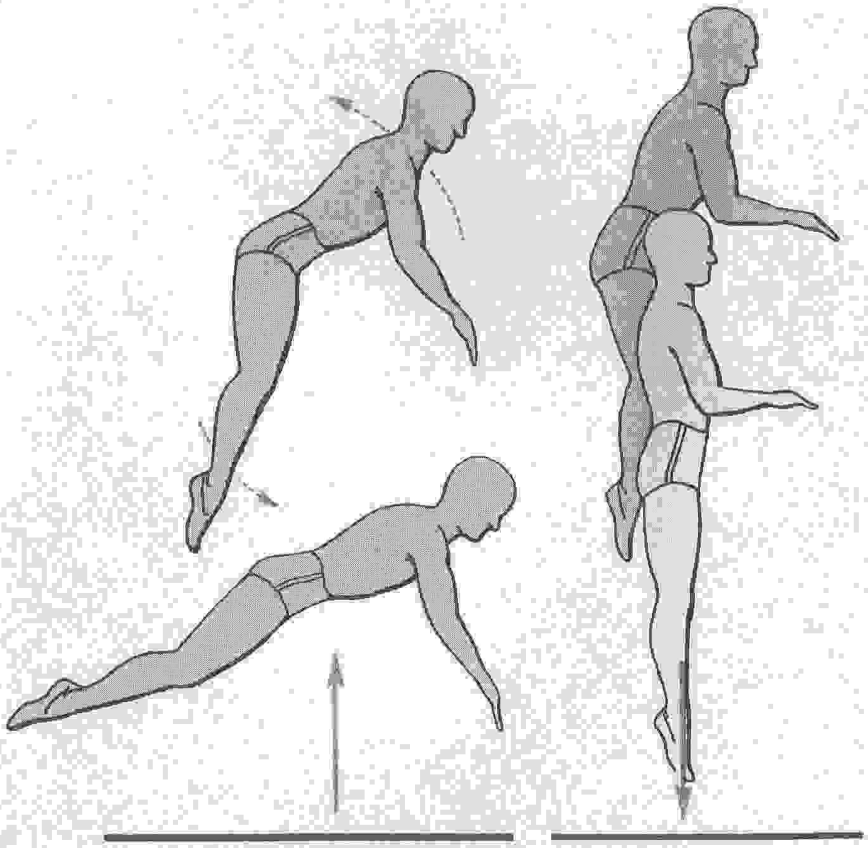


5-A

Flex hips and knees and thrust hips back at take-off. Bring arms forward and down to pull head and shoulders forward. Look down at landing spot, holding head back.

5-B

Continue forward rotation until back is horizontal. Extend legs and raise head. Keep legs low during drop. Land flat to avoid body snap. Do not land on elbows. *Spot it!*



5-C

Push off strongly with hands on take-off. Raise arms, head, and shoulders. Bend hips and swing legs down. Check position with reference to landing spot.

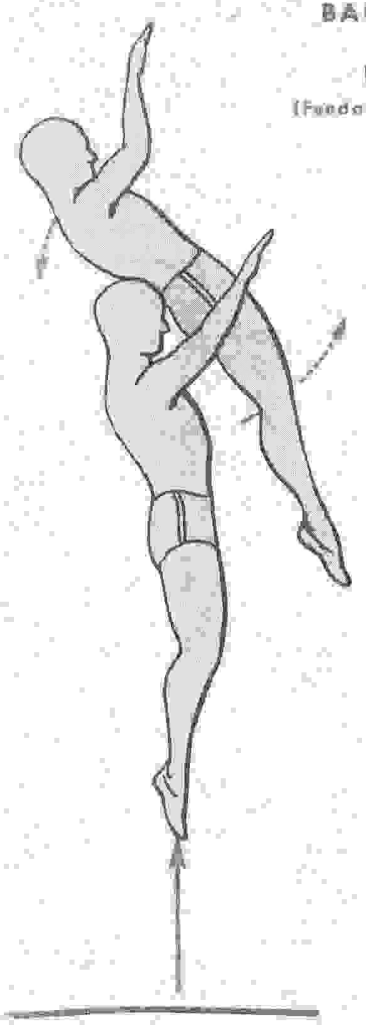
5-D

As the body drops, extend hips and straighten into erect position for landing—head up, vision fixed on bed, feet held about 15 inches apart.

BACK-DROP

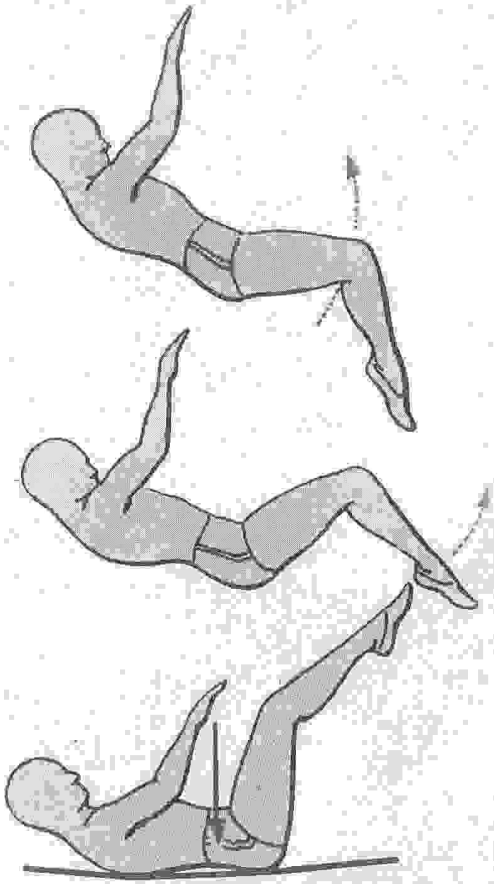
NO. 6

(Fundamental Bounce)



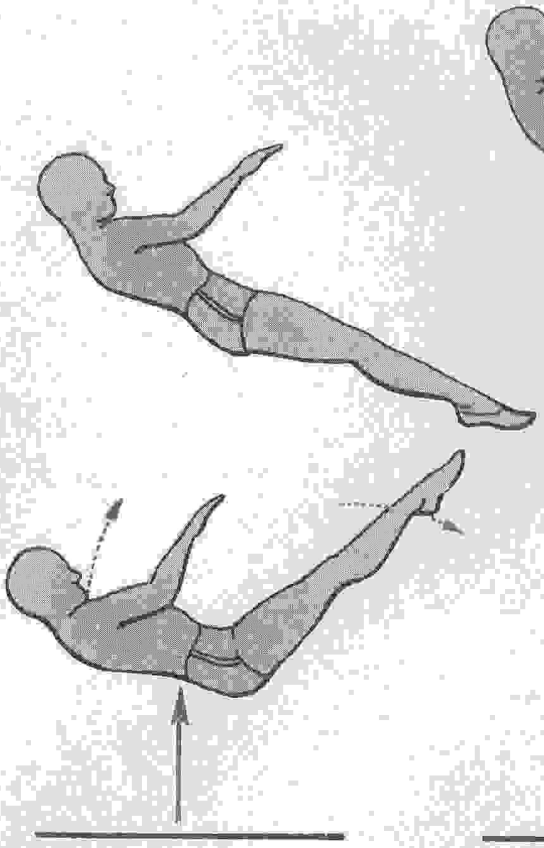
6-A

Throw arms high and thrust hips forward on take-off. Let legs swing up and shoulders drop back and down. Bend head forward, chin on chest.



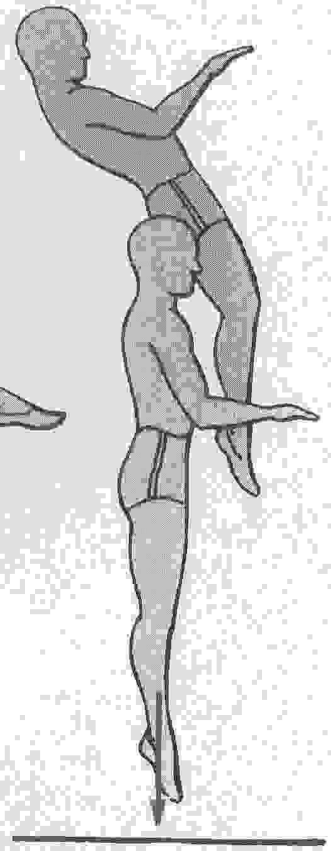
6-B

Bend hips and knees, draw knees up toward chest as body drops. Land flat on back, body rigid, head well forward, *chin on chest, eyes on end of frame. Spot it!*



6-C

As the body rebounds from the bed, straighten the legs and bring the head and shoulders up and forward—then thrust hips up and forward. Keep *chin on chest, eyes on end of frame.*

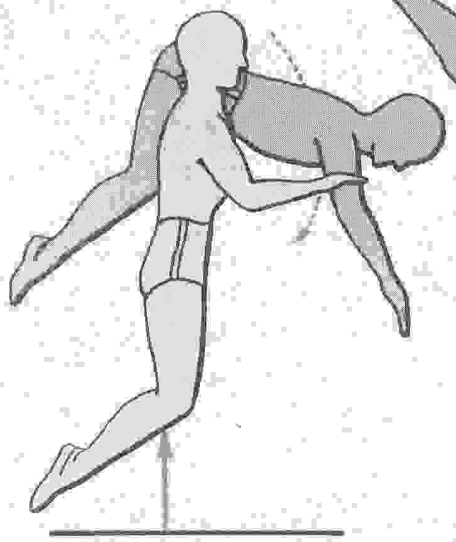


6-D

Continue hip thrust, arching body, and allow legs to swing down and under as head and shoulders rise to erect position. Straighten out for landing.

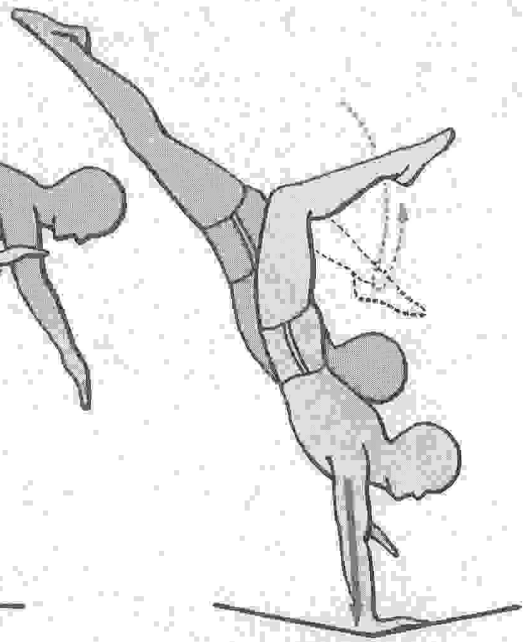
HANDS BOUNCE NO. 7

(Fundamental Bounce)



7-A

Take off from knees, leaning slightly forward. Keep bounce very low. Straighten legs and flex hips as feet clear bed; throw head and shoulders forward, and bring arms down.

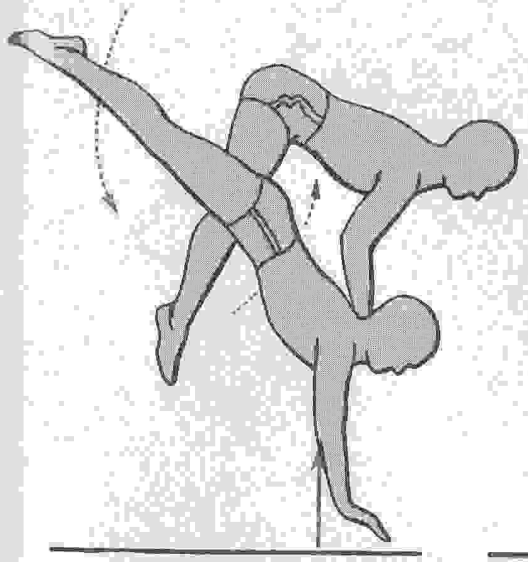


7-B

Land on hands about one foot in front of take-off spot. Arch back slightly and allow arms and knees to flex to absorb shock. Then extend arms and legs, driving bed down.

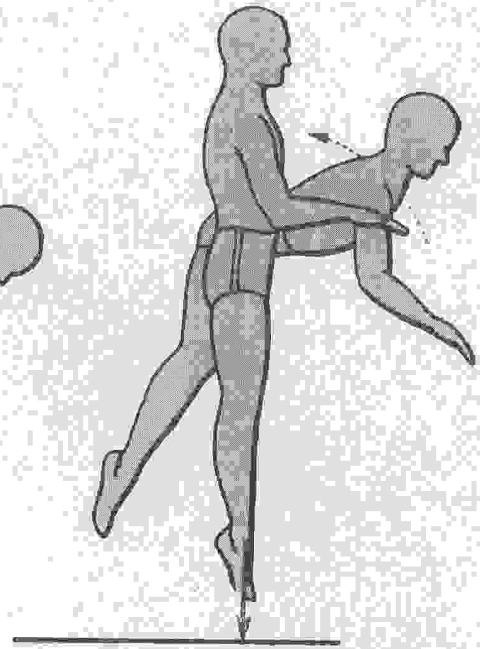
HANDS BOUNCE

In trampoline tumbling, the hands are used mainly to afford momentary support, usually in the form of an assisting technique in low-bounce exercises involving handsprings, round-offs, and the like. When employed in the execution of single exercises, such as the "donkey kick" shown here, the take-off is made with a low bounce from the knees, with the body leaning slightly forward. The



7-C

As body rises from bed, throw head back and flex hips, bring legs down and raise the head and shoulders. Keep center of weight slightly behind hands at all times.



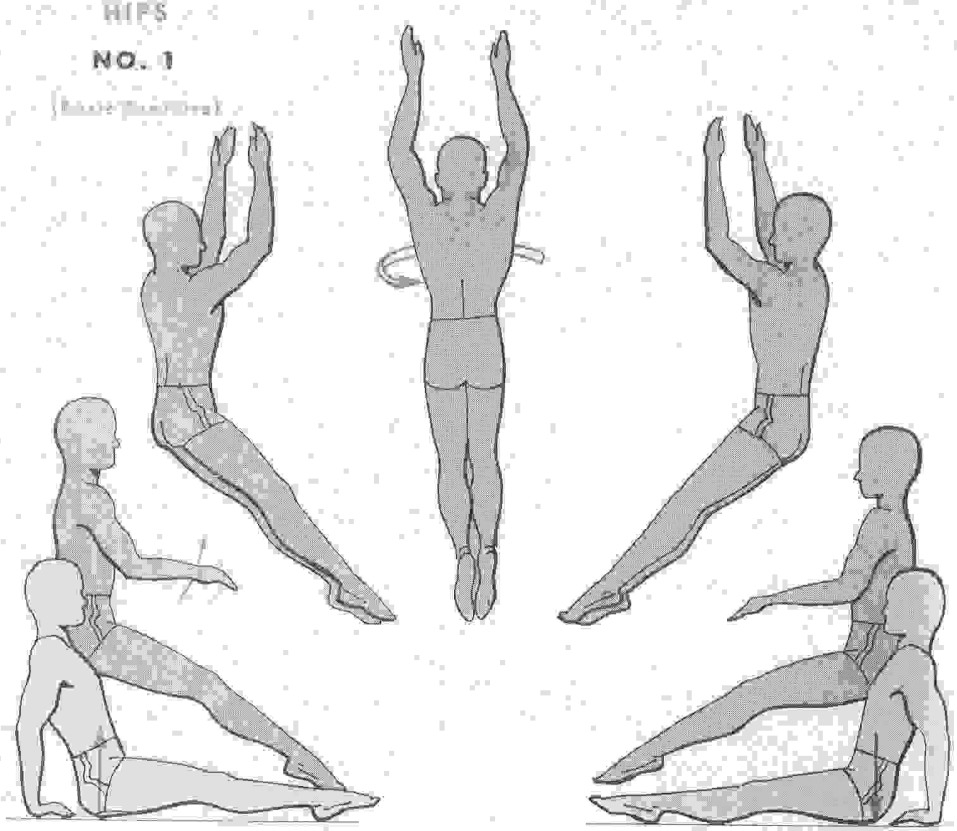
7-D

As body drops continue to bring legs down and head and shoulders upward and backward, extending as the body reaches a vertical position prior to landing.

hips are flexed and lifted upward sharply as the head and shoulders go forward and downward only, resulting in a very low bounce. As the landing is made on the hands, the knees flex, absorbing shock. The arms and knees are extended to work the bed. As the body rebounds, the head and shoulders are brought up and the legs are carried down, placing the body in position for a landing on the feet.

SWIVEL HIPS

NO. 1



as shown in the illustration above. When the body is fully extended it is halfway through the half twist. The arms are continued through their circular sweep to complete the twist. Likewise, the legs continue their pendulum swing to the seat-drop landing. In this exercise it is important that the head does not lead the twist but stays squarely aligned with the shoulders throughout the entire stunt.

HALF TURNTABLE

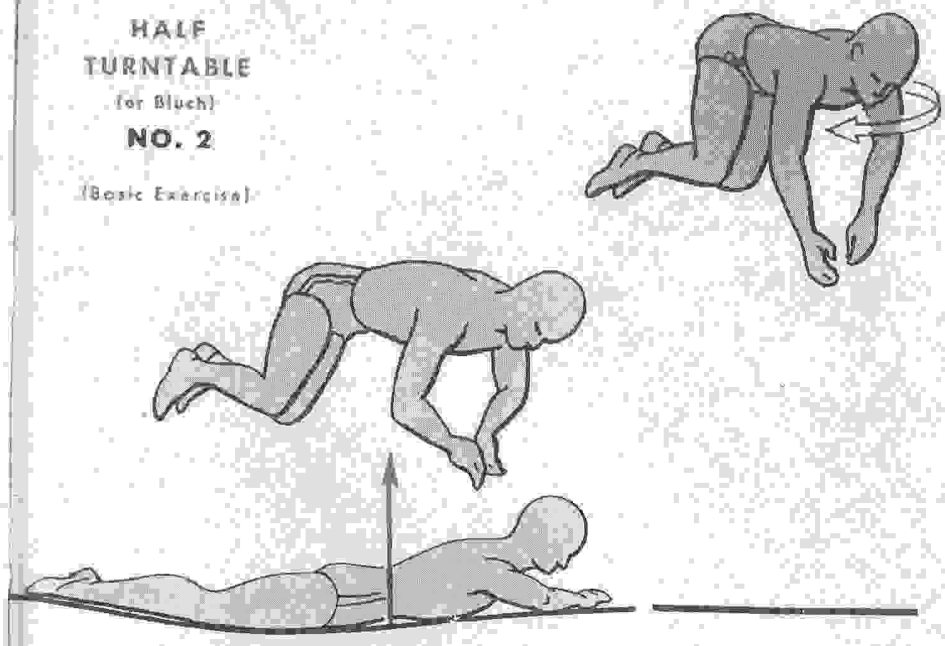
Take-off is made in front-drop position. The thighs

HALF TURNTABLE

(for Bluch)

NO. 2

(Basic Exercise)



2-A

Push off forcefully. Use hands to start body in spin to the right. Throw head and shoulders in direction of spin. Draw knees under body.

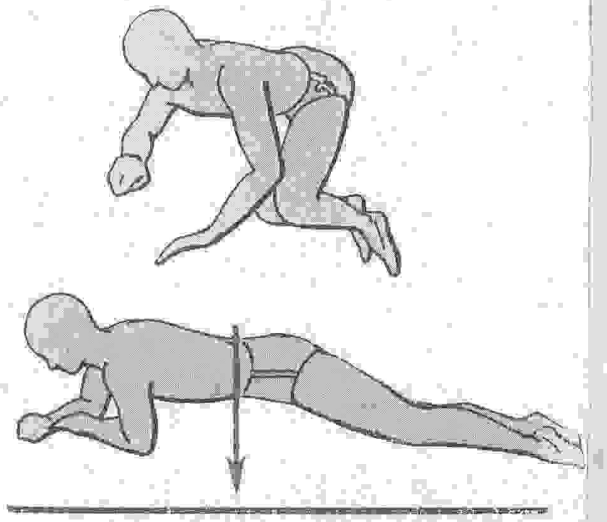
2-B

Keep arms down and knees and hips well flexed to bring body-mass close to center of rotation. Keep head and shoulders low, eyes on bed.

push directly down against the bed, and the hands exert a strong push down and to the left, starting the body spinning to the right. The head and shoulders are thrown to the right, contributing to the spin. (Half side-spin may be made to right or left—illustration shows spin to right.) As the body clears the bed, the hips and knees are flexed, and the knees are drawn down and forward. Arms are allowed to hang in a semi-flexed position. The head and shoulders are kept low, and the back remains parallel to the bed during the spin. As the body drops and the half

2-C

Hold legs and feet together. Keep back parallel to surface of bed throughout spin. Arms remain down in semi-flexed position.



2-D

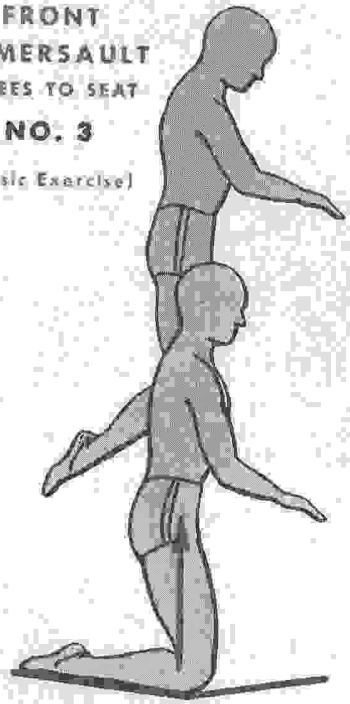
When half spin is almost complete, extend hips and knees to raise legs and halt spin. Raise head and arms —elbows bent—for landing.

spin nears completion, the hips and knees are extended, raising the legs, the arms are flexed and raised, and the head is brought up before the landing is made in front-drop position.

FRONT SOMERSAULT—(Knees to Seat)

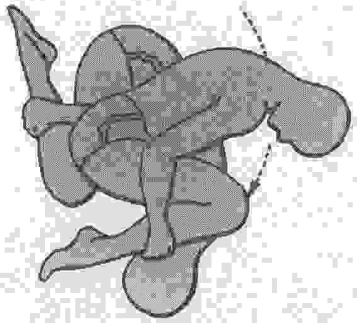
Hips are flexed slightly and thrust back for take-off. The

FRONT SOMERSAULT
KNEES TO SEAT
NO. 3
(Basic Exercise)



3-A

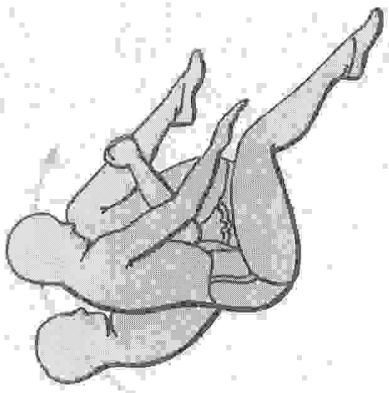
Thrust hips back for take-off. Push down with feet as body rises from bed, and throw head and shoulders forward to start rotation.



3-B

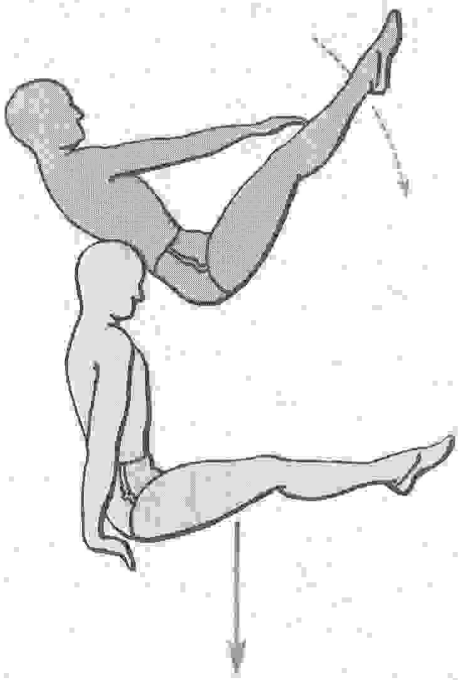
Flex hips and knees, grasp legs above ankles, and pull head and shoulders forward toward knees into tight tuck. Keep head bent forward.

feet exert a slight push-off as the body rises, and the head and shoulders are thrown forward. The hips and knees are tightly flexed, and—as the body tips forward—the legs are grasped just above the ankles and the head and shoulders are pulled forward toward the knees. Due to the low height of bounce, this tucking action must be rapid and forceful to effect rapid rotation. The tuck is held until



3-C

Tuck must be tight and fast to achieve rapid rotation. Hold tuck until somersault is three-fourths completed, then straighten legs, keeping hips flexed.



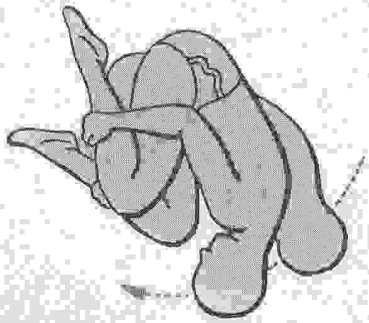
3-D

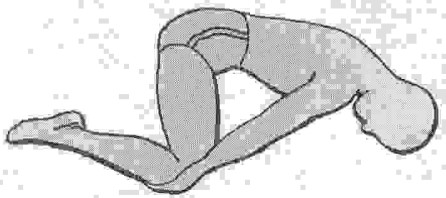
Raise head and complete rotation in semi-pike position. Bring arms down and back and hold body rigid for seat-drop landing.

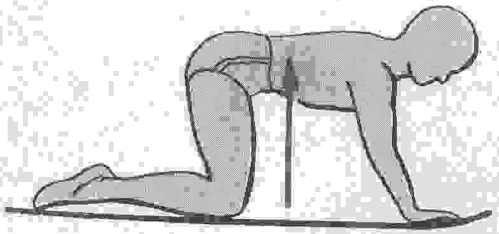
the somersault is three-fourths completed. As the tuck is broken, the legs are straightened but the hips remain flexed, placing the body in a semi-pike position. The head is raised as the upper part of the body rotates to an erect position, and the arms are brought down and back into position the body as the seat-drop landing is made.

FRONT TURNOVER HANDS AND KNEES TO FEET NO. 4

(Basic Exercise)







4-A

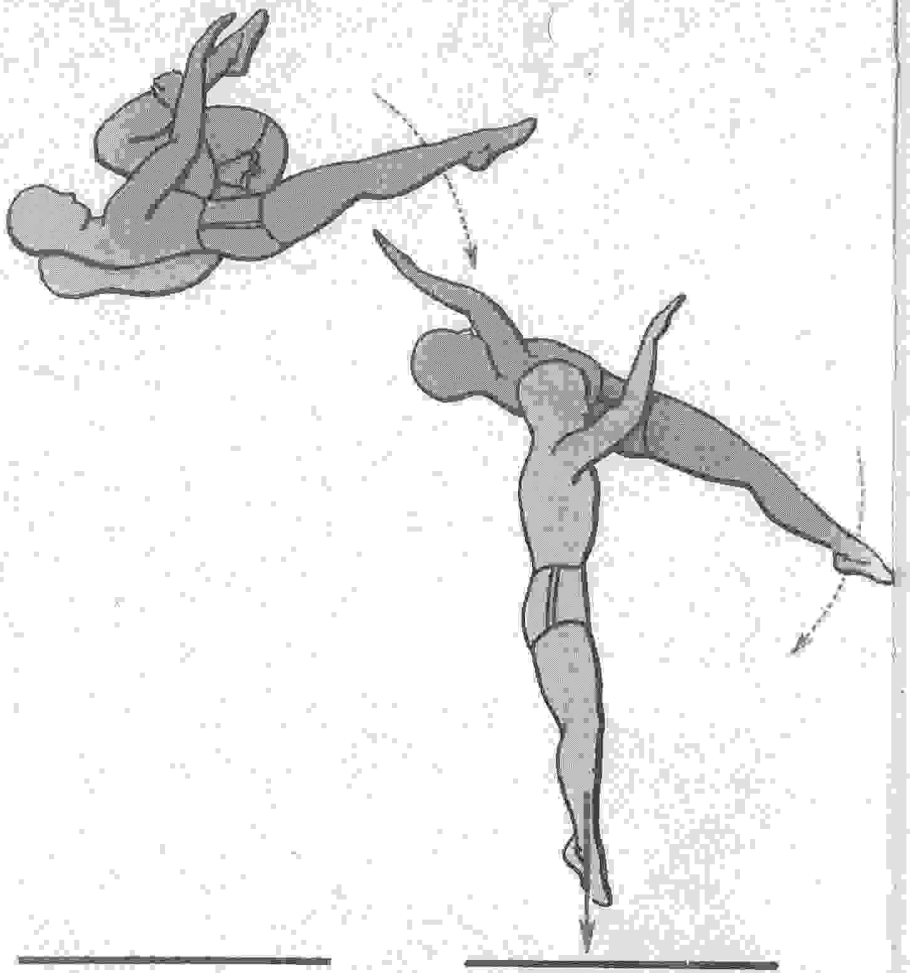
Thrust hips up on take-off. As body leaves bed, push off with feet. Throw head forward and swing arms forward to start rotation.

4-B

As body rises, bring head and shoulders forward, flex hips and knees, grasp legs, and assume tight tuck position.

FRONT TURNOVER—(Hands and Knees to Feet)

The hips are thrust high at take-off to start forward rotation. During the ascent, the hips and knees are fully flexed, the legs are grasped below the knees, and the chest and shoulders are pulled forward against the thighs in a



4-C

Come out when somersault is about three-fourths completed. Raise head and arms, unbend hips, and straighten legs to check rotation.

4-D

During descent, bring legs down under center of weight and extend body in fully erect position for landing on the feet.

tight tuck. The head should be bent well forward after take-off, but not so quickly as to result in a low bounce. When the somersault is about two-thirds completed, the

body is extended and the arms are raised to check rotation. As the legs drop down, the hips are unflexed, and the head and shoulders swing up toward a vertical position. As the head and shoulders approach an erect position, the arms are brought up, the legs are carried down and under the center of weight, and the body is brought to the proper position for a well-balanced landing on the feet.

FRONT SOMERSAULT—(Feet to Feet)

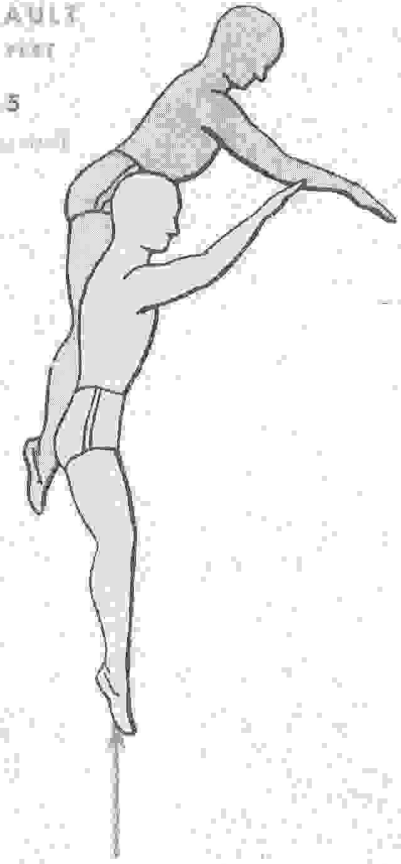
At the take-off, the hips are thrust back and the arms swung forward and down to start forward rotation. As the body rises, the head and shoulders are thrown forward and the hips and knees are flexed. The legs are grasped between knees and ankles, the upper part of the body is pulled forward against the thighs, and the heels are pulled tight against the buttocks. The kick-out is made when the somersault is about three-fourths completed. The head is raised, the arms are extended and raised, and the body is straightened to slow rotation. The head and shoulders rise and the legs swing down as the body assumes an erect position. The feet should be held close together until just before contact with the bed—then they are separated to insure stability on landing. (see page 98 for progressive steps in learning.)

BARANI

The barani is a forward somersault with a half twist in which the head is not ducked forward and the eyes are focused on the bed throughout the entire stunt. In the take-off the hips are thrust back as for a piked somersault, with arms wide apart. The head and shoulders rotate forward and the hips flex as they rise. As the head-down position is approached the left arm sweeps across in front of the legs to the right, initiating twist in upper body. Now the hips are extended vigorously, straightening the body, pulling the hips into the twist already initiated by

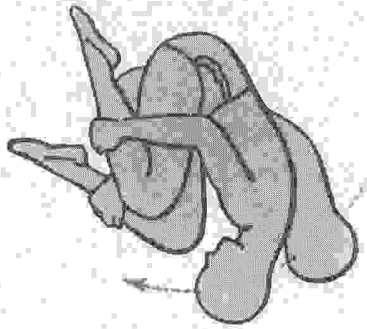
FRONT
SOMERSAULT
FEET TO FEET

NO. 5



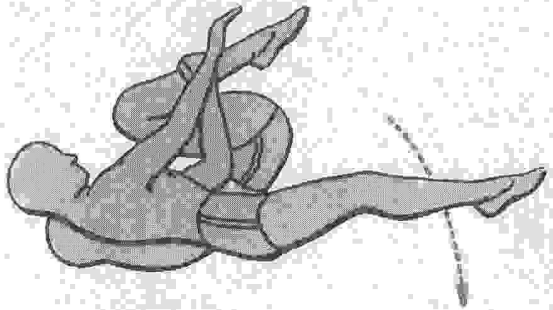
5-A

Thrust hips back on take-off. Do not dive forward—as body rises, flex hips and swing arms forward and down, starting forward rotation.



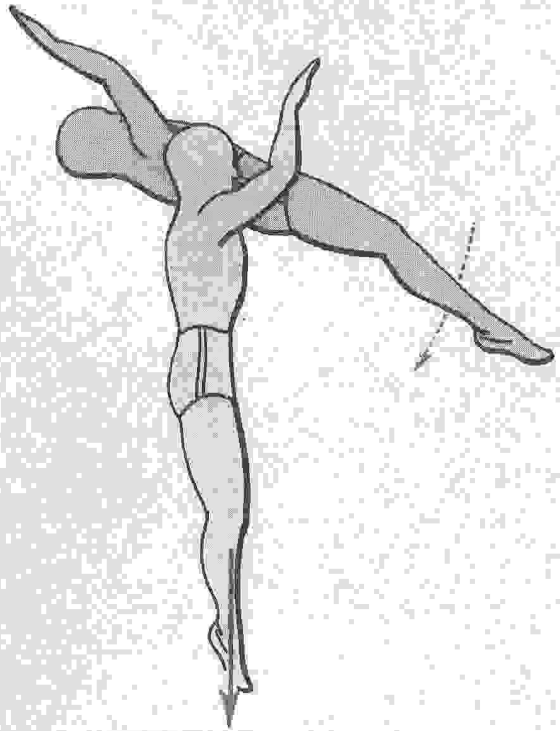
5-B

Throw head and shoulders forward as body ascends. Flex hips and knees, grasp shins, and pull chest and shoulders forward into tuck.



5-C

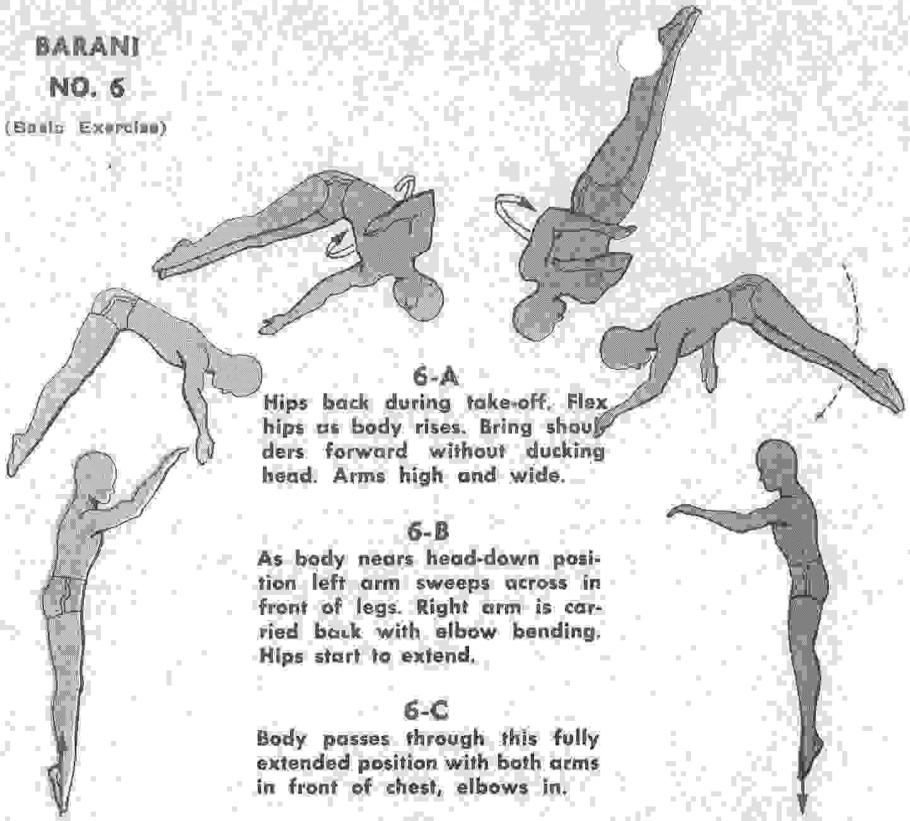
When somersault is three-fourths completed, raise head, bring arms up and extend body to retard rotation. Keep legs together in come-out.



5-D

Swing arms up and bring feet under center of weight as body rotates to erect position. Hold feet about 15 inches apart for stable landing.

BARANI
NO. 6
(Basic Exercise)



6-A
Hips back during take-off. Flex hips as body rises. Bring shoulders forward without ducking head. Arms high and wide.

6-B
As body nears head-down position left arm sweeps across in front of legs. Right arm is carried back with elbow bending. Hips start to extend.

6-C
Body passes through this fully extended position with both arms in front of chest, elbows in.

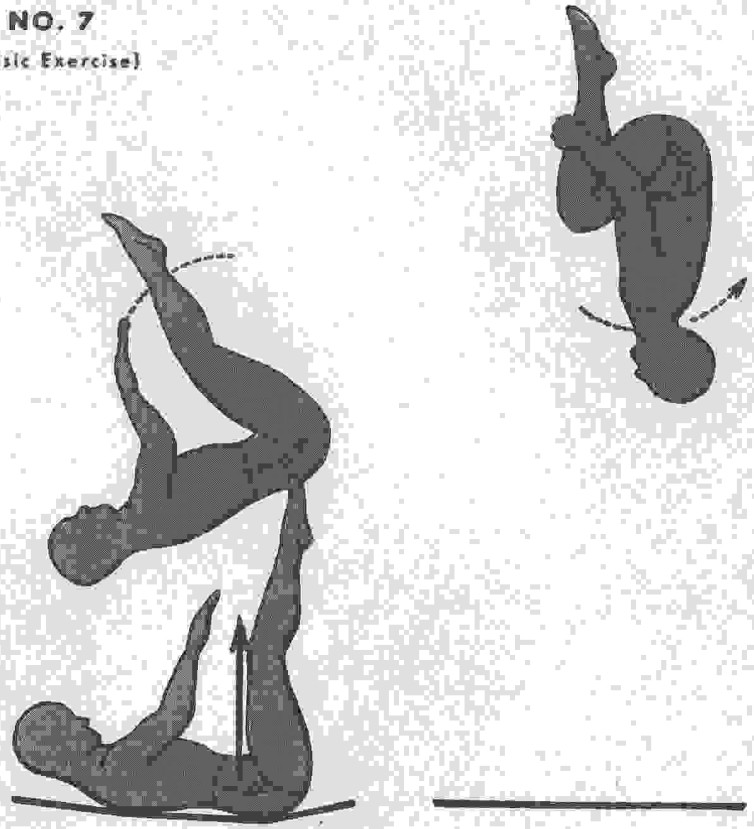
6-D
Hips are flexed and arms brought forward and sideward to check twist. Feet are brought down for landing.

the shoulders, and bringing the right arm to front of chest. As the twist nears completion, the arms are extended to the front and the hips are flexed to check rotations for the landing. (See page 90 for steps in learning.)

BACKOVER—(Back-Drop to Feet)

The legs are held high during the take-off, swinging over and back as the body rises. The head is held well forward until sufficient height for easy execution of the

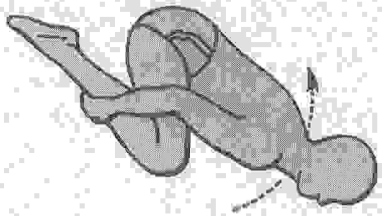
BACKOVER
BACK-DROP TO FEET
NO. 7
(Basic Exercise)



7-A
Hold legs high at take-off. Swing legs back and over as body rises, starting backward rotation. Keep head well forward while gaining height.

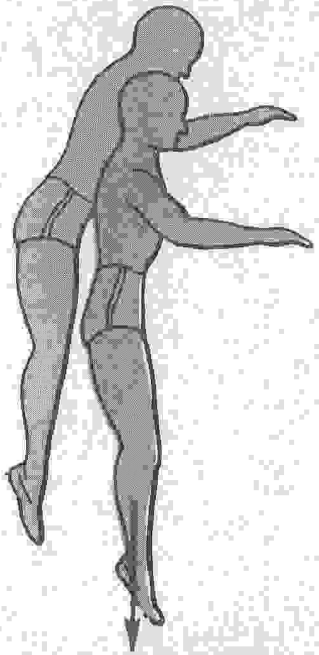
7-B
Throw head back sharply. Flex hips and knees, grasp legs and pull them up and over toward chest. Low bounce necessitates fast, tight tuck.

backover is gained. Then the head is thrown back forcefully, the hips and knees are tightly flexed, and the arms



7-C

Keep head back and hold tuck until backover is almost completed. Then —as body approaches horizontal— extend legs and arms to slow rotation.



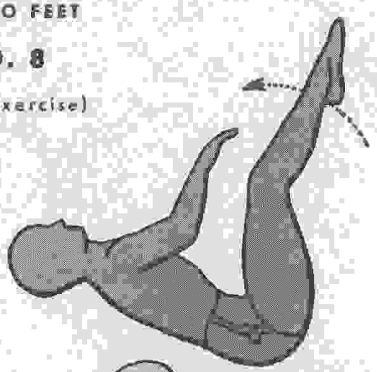
7-D

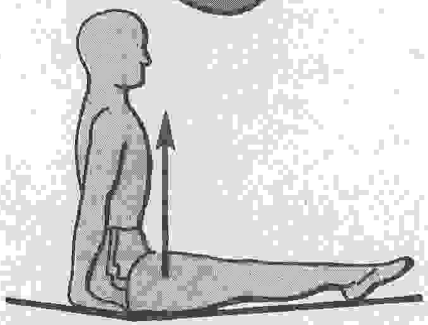
Unflex hips and raise upper part of body to erect position as legs swing down. Center weight over feet as body is extended prior to landing.

pull the legs over toward the chest. Here—as in the case of the backward somersault from seat-drop position—the low bounce necessitates a tight, fast tuck. The tuck is held until the backover is almost completed. Then—as the head and shoulders swing up and the body approaches a horizontal position—the arms are extended and raised and the legs are straightened, retarding rotation. As the

BACK SOMERSAULT
SEAT TO FEET

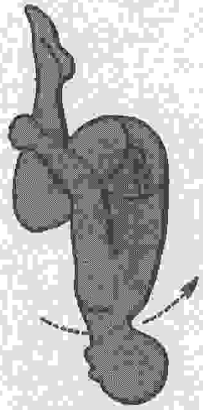
NO. 8
(Basic Exercise)





8-A

Lean back slightly on take-off. Raise arms and throw head back. Flex hips and raise legs as head and shoulders drop down and backward.



8-B

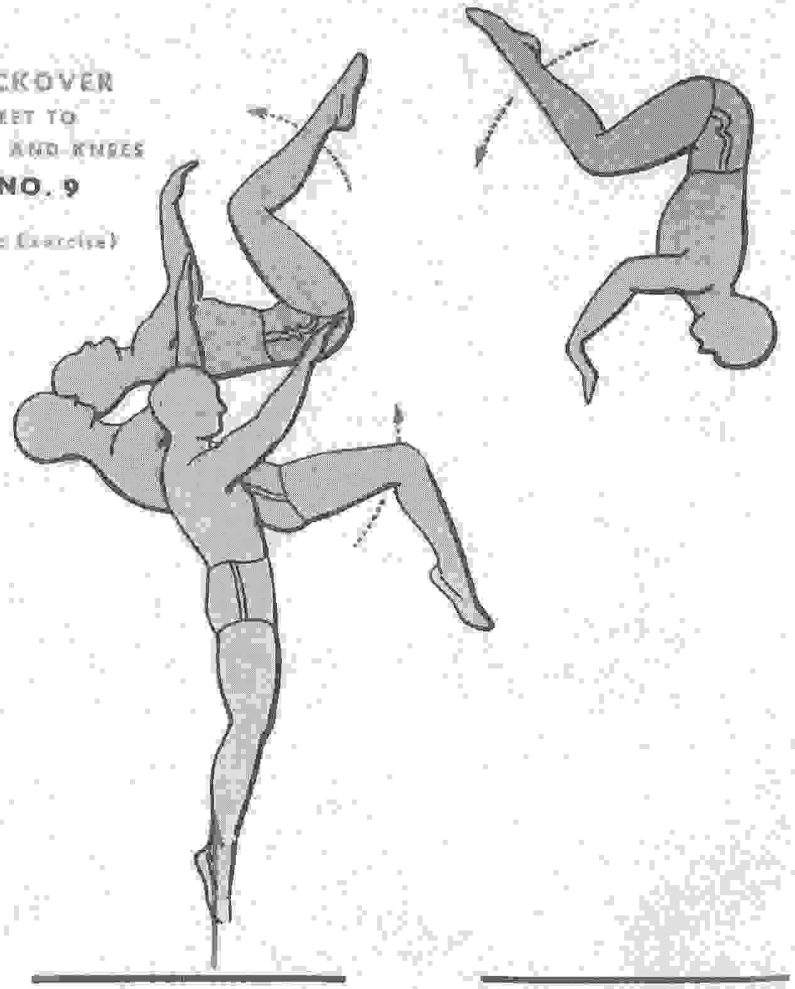
Flex hips and knees tightly. Grasp legs below knees, and pull knees up and over toward chest. Keep head back; look for landing spot.

legs swing down, the hips are unflexed and the head and shoulders are raised to an erect position as the body drops feet-first for the landing.

BACK SOMERSAULT—(Seat to Feet)

The upper part of the body is inclined slightly back-

BACKOVER
FEET TO HANDS AND KNEES
NO. 9
(Basic Exercise)

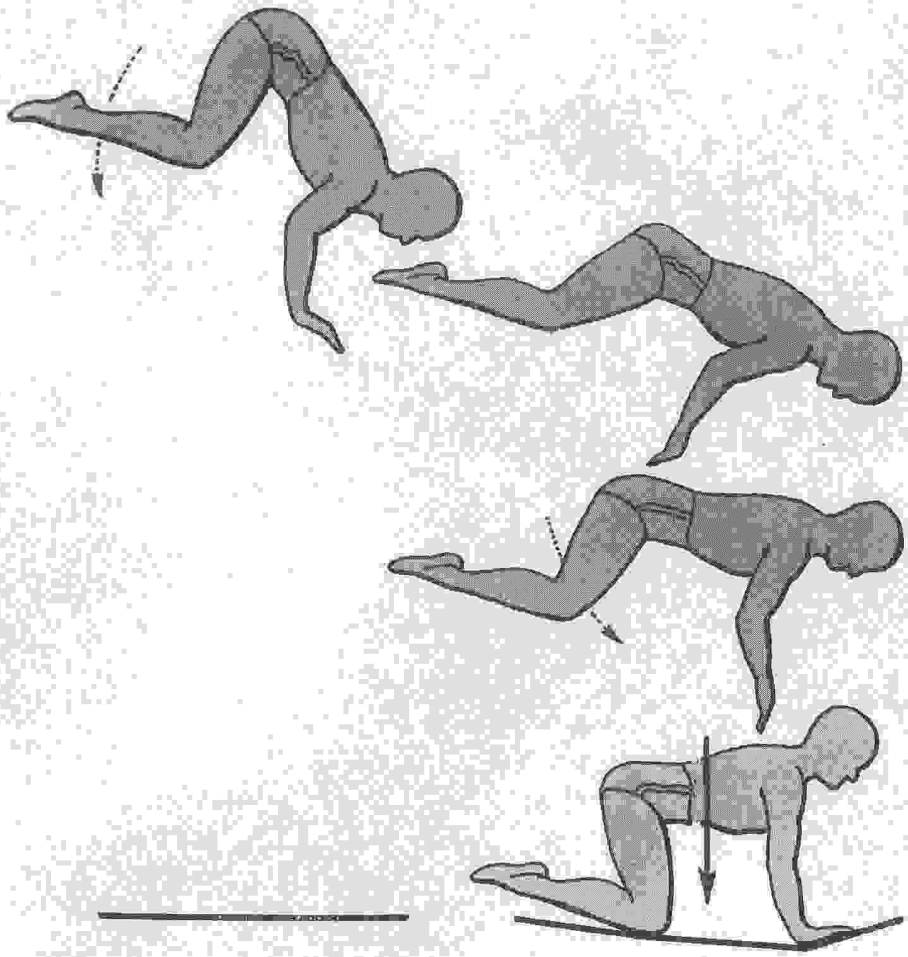


9-A

Thrust hips forward on take-off. Throw head and shoulders back, flex hips and knees partially, as illustrated. Do not tuck.

9-B

Keep head thrown back. As body reaches head-down position, locate landing spot when bed comes into view to gauge come-out.



9-C

Stay "frozen" in flexed position assumed in 9-A as body approaches a face-down horizontal position. Keep eyes focused on landing-spot.

9-D

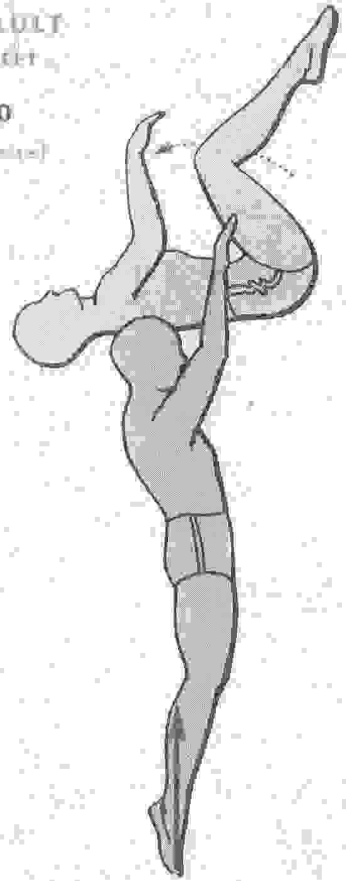
As body drops, flex hips and knees more fully, and extend arms toward bed. Pull knees forward under hips and raise head prior to landing.

BACK SOMERSAULT

FEET TO FEET

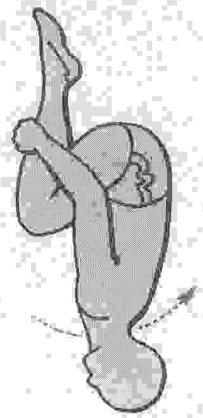
NO. 10

(Basic Principle)



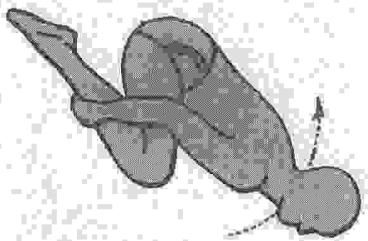
10-A

Swing arms up and thrust hips forward on take-off. Tuck legs up sharply, flexing hips and knees. Throw head and shoulders back.



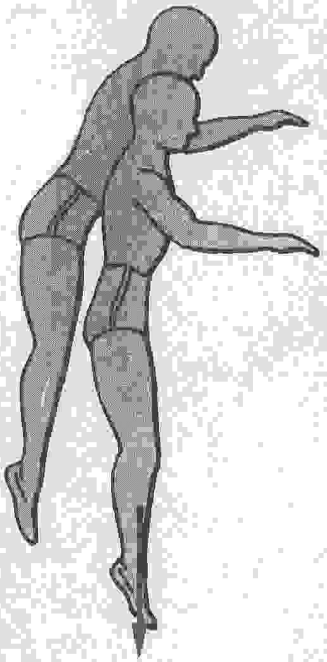
10-B

Grasp legs between ankles and knees, and pull legs up toward chest in tuck position. Keep head back and pick out landing spot.



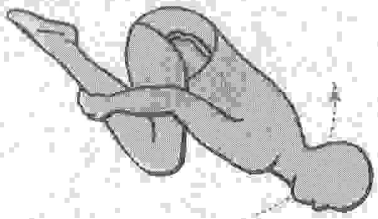
10-C

Keep eyes on landing spot. Hold tuck until somersault is three-fourths completed—then extend arms and legs to check rotation.



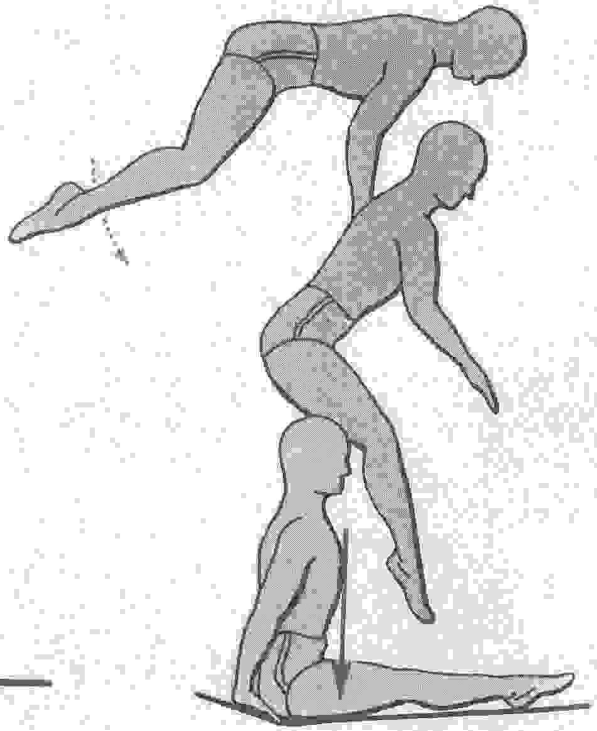
10-D

Raise head and shoulders to erect position. Swing legs down and under center of weight. Separate feet prior to landing.



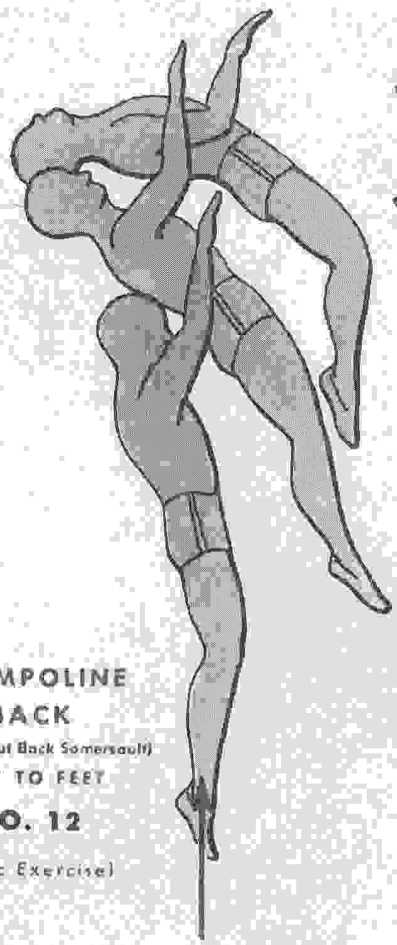
11-C

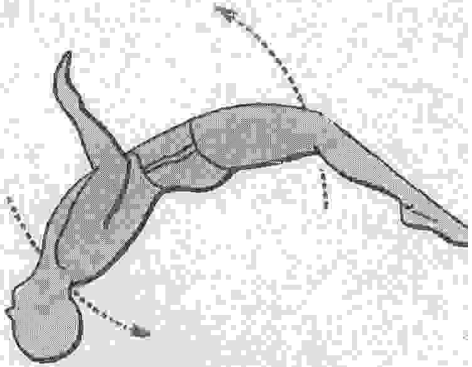
Break tuck when body reaches face-down horizontal position. Raise arms and straighten legs to slow rotation. Keep hips and knees slightly flexed.



11-D

Swing legs down and under body as head and shoulders rise. Bring arms down and back, and extend legs in seat-drop position.





TRAMPOLINE BACK

(Loose Layout Back Somersault)

FEET TO FEET

NO. 12

(Basic Exercise)

12-A

Throw shoulders back and rock hips forward during take-off. Hips come up and forward as shoulders drop. Throw head well back to aid rotation.

12-B

Hold body in loose layout position—head back, body arched, knees slightly flexed. Keep arms low and to the sides to maintain balance.

is completed when the somersault is approximately three-fourths finished. At this point the hips are flexed and the arms are spread to stop the twist and bring the feet down for the landing.

The mechanic twisting belt should be used in learning this "back full," as it is so aptly called.

If a twisting belt is not available a different learning procedure can be employed. This involves over-twisting the half-twisting back somersault to a three-quarter twist and progressively adding a little more twist until a complete twist is accomplished. This takes more trial and error experimenting, and the resulting twist is not likely to be as smooth and efficient as the first.

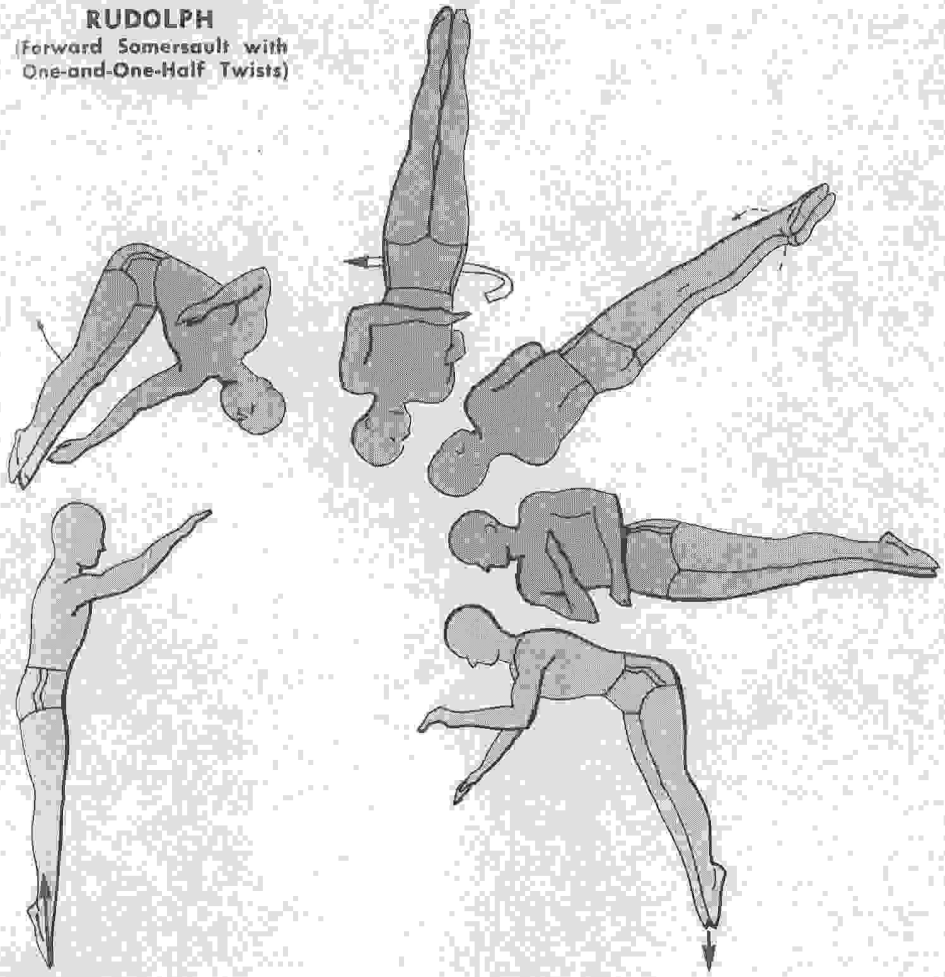
Prerequisites: A well-controlled layout back somersault; good half-twisting back somersault technique; full twist to back-drop; barrel roll; double twist to back-drop.

Backward One-and-a-Quarter Somersault with Full Twist to Back-Drop—This skill consists of the basic exercise, "backward one-and-a-quarter somersault with half twist," with an additional half twist. The last half twist is added during the drop in front- drop position, converting it to a back-drop. It may also be done by over-turning a backward somersault with full twist to back-drop.

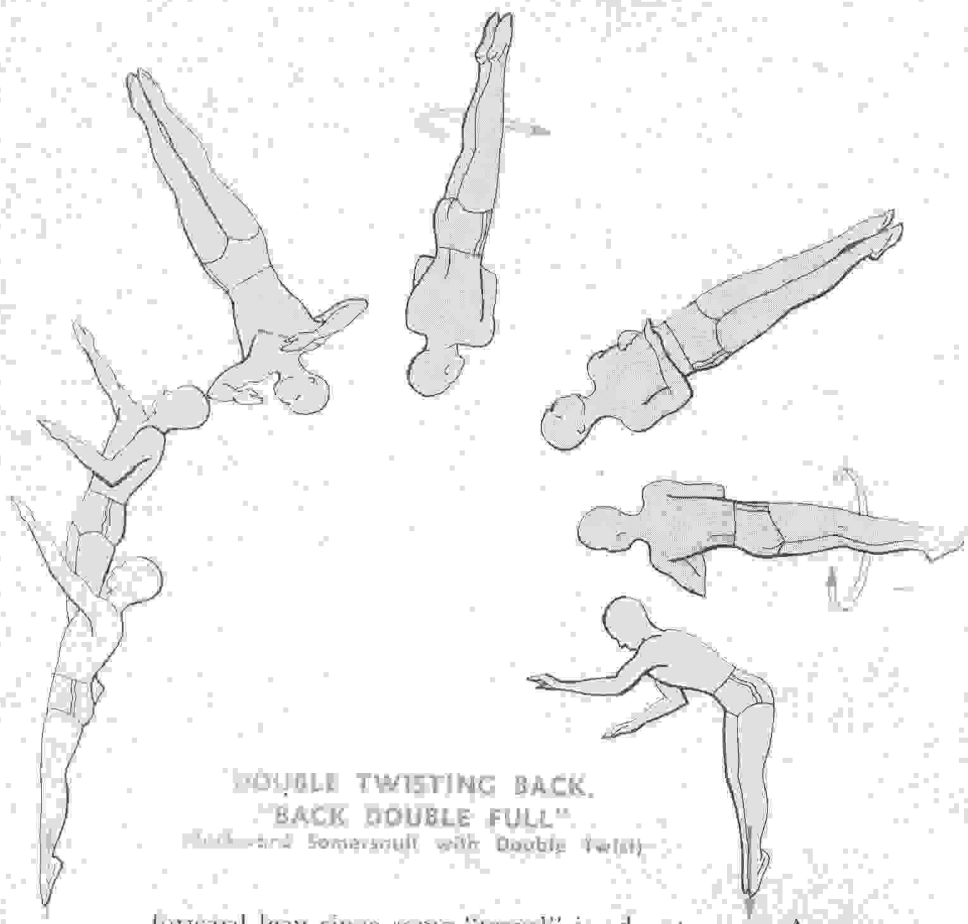
Backward One-and-Three-Quarter Somersault with Half Twist to Back-Drop—The half-twisting backward somersault must be rotated very fast to allow time for the head to be ducked forward and under for the additional turnover to a back-drop landing. The hips and legs are flexed immediately after the twist to speed up forward rotation.

Rudolph (Forward Somersault with One-and-One-Half Twist. Twisting to Left)—The take-off for the Rudolph

RUDOLPH
(Forward Somersault with One-and-One-Half Twists)

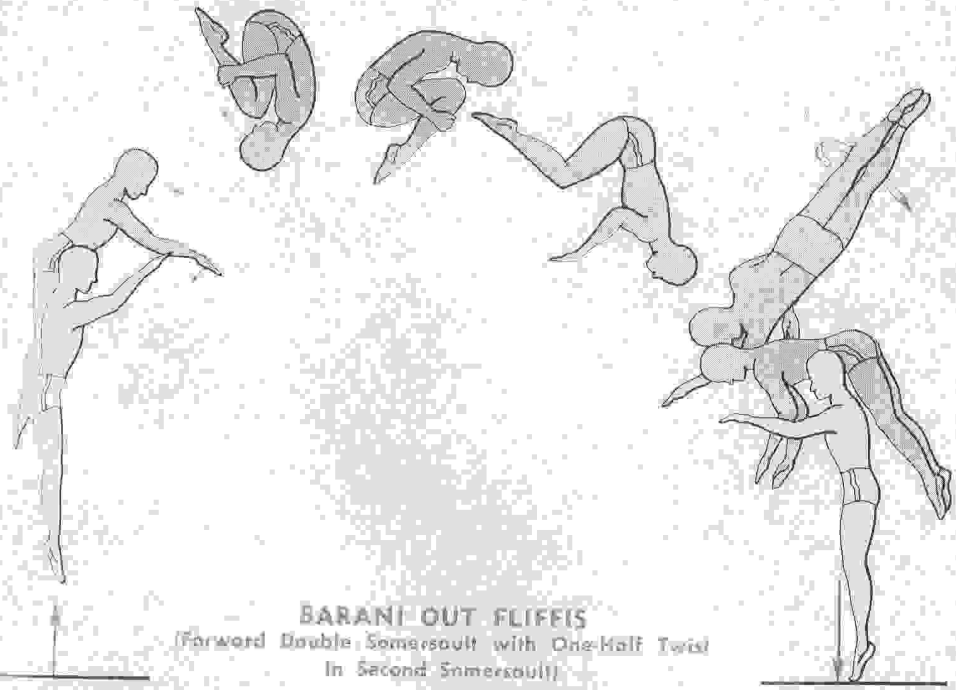


is almost the same as for the barani. There is a little less forward bending into the pike position and the arms are held wider apart. The emphasis is upon a strong lifting of the hips and legs, without ducking the head, to start the forward rotation. Immediately upon becoming airborne—before maximum height is reached—the right arm is swung



DOUBLE TWISTING BACK,
"BACK DOUBLE FULL"
(Backward Somersault with Double Twist)

forward lean since some "travel" is advantageous. As one and one-half somersault is completed a kick-out is made from tuck to pike position, the bed is sighted, and the barani is made to finish the stunt. The speed of rotation is slowed down by the kick-out and it is necessary for the individual trampolinist to decide through practice—trial and error method—just when to kick-out and how much he needs to raise his head to see the bed, which also slows rotation. This can best be learned by simply releasing the

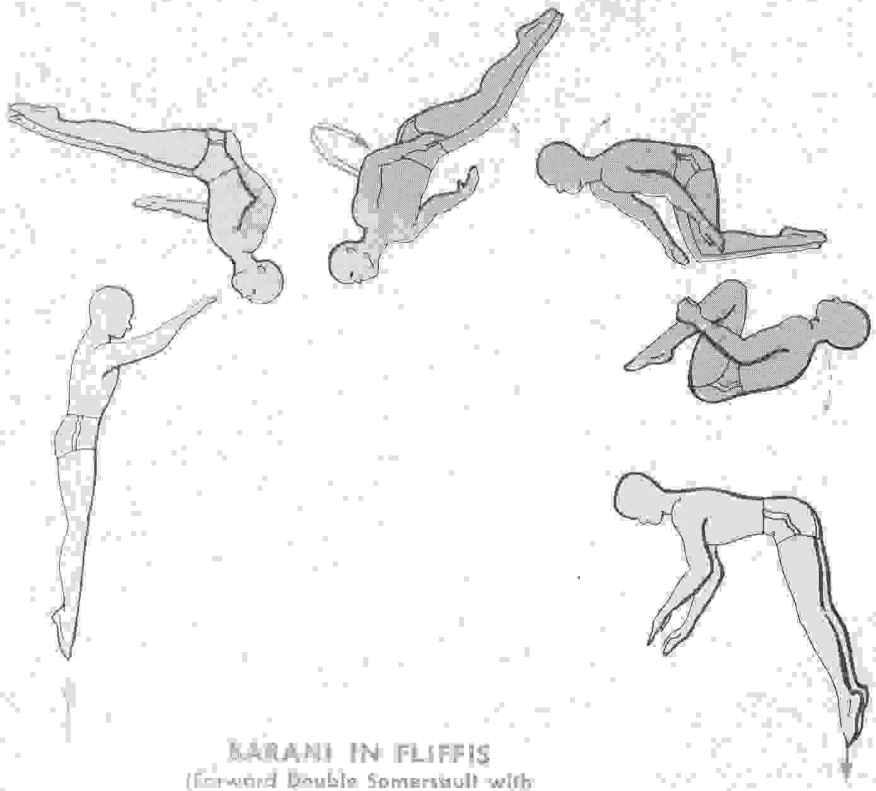


BARANI OUT FLIFFIS
(Forward Double Somersault with One-Half Twist
In Second Somersault)

tuck and continuing through the barani in a semi-tucked or free position until confident and ready for the kick-out style.

Prerequisites. Barani; half-twisting front somersault; barani from back-drop to feet; one and three quarter front; double front somersault.

Barani In Fliffis, "Half In Flifis" (Forward Double Somersault with a Half Twist in the First Somersault)—This stunt requires a strong high bounce take-off with fast forward rotation in the barani movement. The last half of the barani is done with the hips and knees flexing into the tuck position. The tuck is completed just before the first somer-

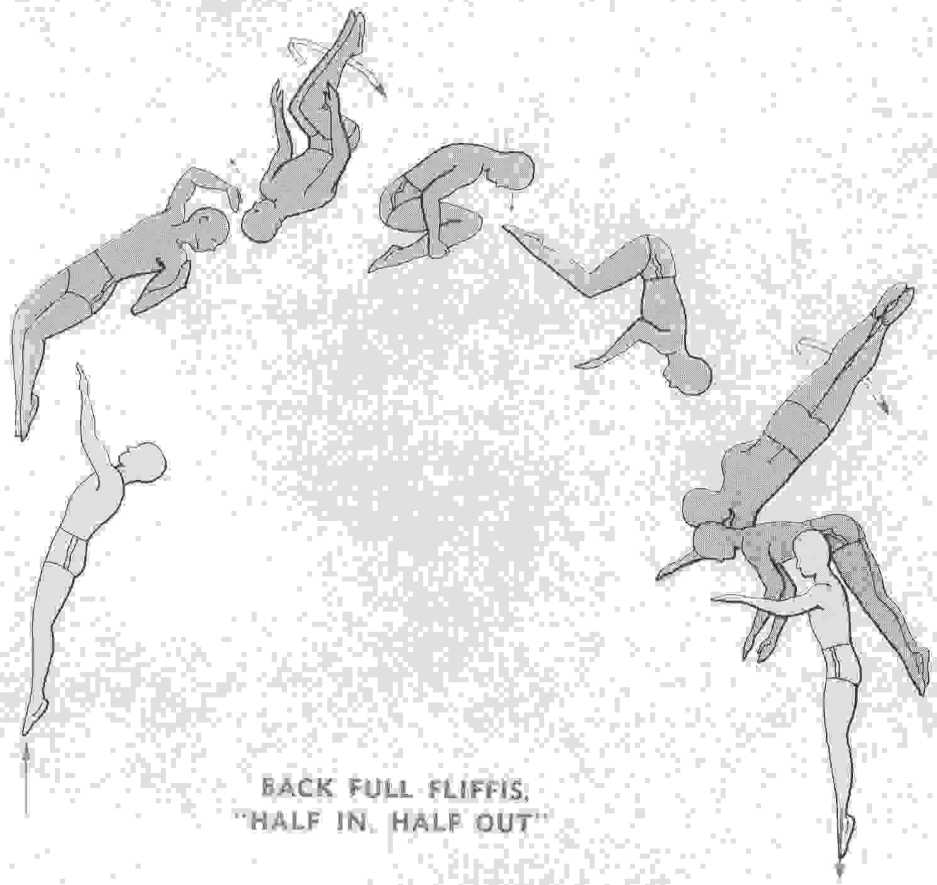


BARANI IN FLIFFIS
(forward Double Somersault with
One-Half Twist in First Somersault)

sault is finished. The head is back to see the bed and, as it comes into view, the come-out is made for the landing.

Prerequisites: Barani overturned to back-drop, using a very low bounce in order to force a fast tuck; an early twisting ball-out barani; overturned early twisting cradle; practice of completed stunt from diving-board.

Back Full Fliffis (Half in, Half Out. Backward Double



BACK FULL FLIFFIS,
"HALF IN, HALF OUT"

Somersault with a Half Twist in the First Somersault and a Half Twist in the Second Somersault)—The first half-twist is started immediately on the take-off and is completed while the body is still rising and flexing toward a tuck. As the half twist is completed the body is a little more than half way through the first somersault and the head is brought forward for the temporary tuck, held just until the bed is sighted. Then the hips and knees are extended for the "barani out" action to the feet. After the

take-off all of the movements must be hurried in order to complete the first revolution and the first half twist before the body starts its descent. Therefore, the foot thrust must be forceful enough to accommodate a strong rotation of the straight body and also to initiate the twist.

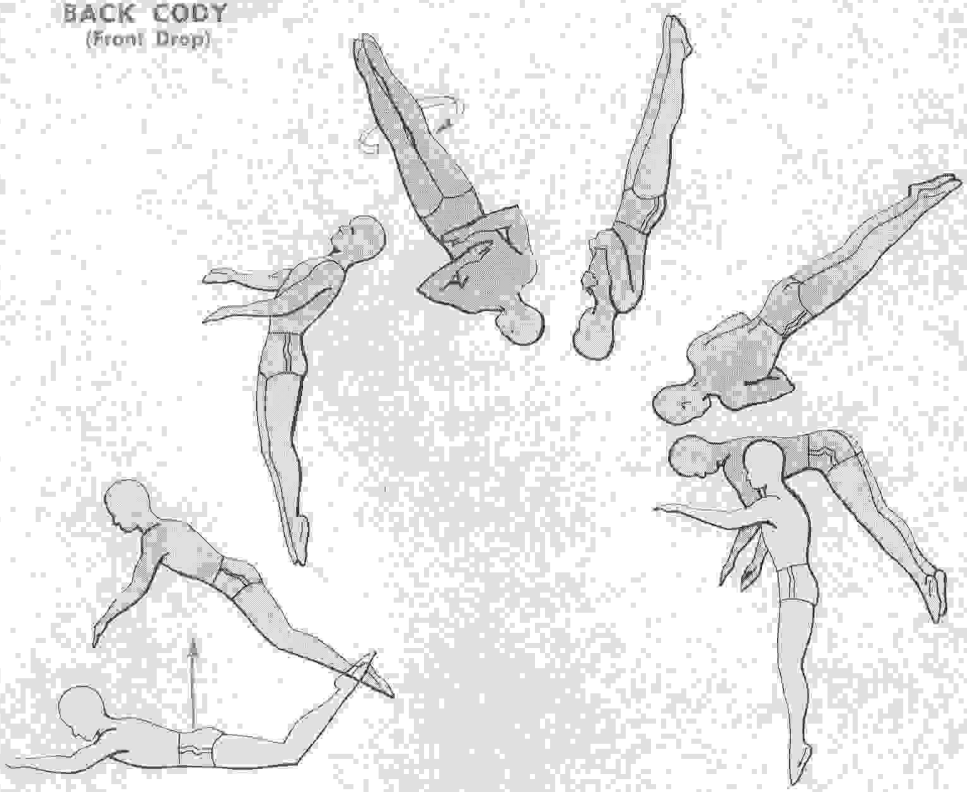
Prerequisites: Controlled, low back somersault with early half twist and quick tuck to feet called "Arabian Half Twister" in ground tumbling; back one-and-a-quarter somersault with early half twist to front-drop; back one-and-three-quarter with half twist; the learner should practice the entire stunt in the mechanic twisting belt until confident.

ADVANCED EXERCISES FROM FRONT DROP TAKE-OFF

Double Back Cody, Tucked—After thoroughly mastering the single back cody and the layout back cody to the feet, the next step is to practice increasing the speed of rotation of both skills. When the tucked cody can be overturned to the back-drop position the performer is ready to attempt the double cody in the belt. It is then only a matter of sufficient height and correct timing to accomplish the entire stunt. Care should be taken to avoid touching the bed with the feet as the legs are whipped forward, for the tuck, from the take-off position.

Full Twisting Back Cody ("Back Full Cody")—During the take-off the twisting is initiated by the thrusting action of the arms and hands against the bed. The recoil force of the bed is transferred through the arms to the head and shoulders in the direction of the twist as well as upward and backward. As the body rises to the vertical

FULL TWISTING BACK CODY
(Front Drop)



position the arms are brought across the lower chest for the wrap-up for the full twist and the one-and-one-quarter somersault is continued to completion to the feet. The mechanic twisting belt should be used to learn this stunt.

Prerequisites: Well-controlled layout back cody to feet; also to front-drop; good techniques in back somersaults with half, full one-and-a-half, and double twists; half twisting back cody, in belt.